

YWATER FITNESS™

We build strong kids, strong families, strong communities.

North Side YMCA Water Aerobics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:20am	Luther	Luther	Luther	Luther	Luther	
8:30-9:30 am	Willie		Jamie		Katie	Luther 9-10:00 am
1:45-2:45pm Arthritis Exercise	Luther		Doris		Luther	
6:15-7:10pm High Intensity	Heather		Heather Deep Water			

Classes Starting November 2nd, 2009

North Side YMCA
10000 N. Pennsylvania Ave.
Oklahoma City, OK 73120
405-751-6363