



**Ionia County YMCA**

616.527.5760

grYMCA.org

## Group Exercise Schedule January 8-February 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>Couch to 5k</b> Alternate Workout 7:00-8:00am	
<b>Wet Workout</b> 9:00-10:00am Sue		<b>Aqua Fit</b> 8:00-9:00am Sue		<b>Aqua Fit</b> 8:00-9:00am Sue		
<b>Wet Workout</b> 9:00-10:00am Sue		<b>Wet Workout</b> 9:00-10:00am Sue		<b>Wet Workout</b> 9:00-10:00am Sue		
		<b>Couch to 5k</b> 5:30-6:30pm Julie/Don				
	<b>Tidal Wave 1</b> 6:00-7:00pm  Pam	<b>Deep Currents</b> 6:30 - 7:30pm Peggy	<b>Tidal Wave 1</b> 6:00-7:00pm Pam			
<b>Deep Currents</b> 6:30 - 7:30pm Peggy	<b>Tidal Wave 2</b> 7:00 -8:00pm Pam	<b>Adult Stroke</b> <b>Beginner-Int.</b> 7:15-8:00pm Julie	<b>Tidal Wave 2</b> 7:00 -8:00pm Pam			
		<b>Adult Stroke</b> <b>Int.-Advanced</b> 8:00-8:45pm Julie				

**\*No Tidal Wave 1 or Tidal Wave 2 Thursday 1/12 or Thursday 2/2\***