



FLOWOOD YMCA AQUATIC CLASSES

Effective March 4, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Deep Water Aerobics 8:15 am Chris	Shallow Water Fitness 8:00 am Deborah	Deep Water Aerobics 8:15 am Chris	Shallow Water Fitness 8:00 am Deborah	Deep Water Aerobics 8:15 am Chris
Shallow Water Fitness 8:00 am Deborah	Shallow Water Fitness 9:00 am Deborah	Shallow Water Fitness 8:00 am Deborah	Shallow Water Fitness 9:00 am Deborah	Shallow Water Fitness 9:00 am Amy
Shallow Water Fitness 9:00 am Amy		Shallow Water Fitness 9:00 am Amy		