



Dowd YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Cardio Fitness Dowd: Aquatics Center/Cool Pool Book		6:00AM-6:50AM (Group Exercise) <i>Genna H.</i> 10:00AM-10:50AM (Group Exercise) <i>Diane A.</i>	11:15AM-12:05PM (Group Exercise) <i>Genna H.</i>		10:00AM-10:50AM (Group Exercise) <i>Deborah J.</i>		
Shallow Water Cardio Fitness Dowd: Aquatics Center/Warm Pool Book				8:35AM-9:25AM (Group Exercise) <i>Mollie D.</i> 5:35PM-6:25PM (Group Exercise) <i>Chuck W.</i>	8:35AM-9:25AM (Group Exercise) <i>Deborah J.</i>	8:05AM-8:55AM (Group Exercise) <i>Donnetta C.</i>	



McCrorey YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic Blast McCrorey: Aquatics Center/Pool Book		7:15AM-8:00AM (Group Exercise) <i>Regina G.</i>					
Shallow Water Cardio Fitness McCrorey: Aquatics Center/Pool Book			7:15AM-8:00AM (Group Exercise) <i>Mollie D.</i> 6:15PM-7:00PM (Group Exercise) <i>Teraine C.</i>	7:15AM-8:00AM (Group Exercise) <i>Regina G.</i>			
Water Walking McCrorey: Aquatics Center/Pool Book			8:15AM-9:00AM (Group Exercise) <i>Rotating I.</i>				
Aqua Yoga McCrorey: Aquatics Center/Pool Book					7:45AM-8:30AM (Group Exercise) <i>Cassandra C.</i>		



Morrison Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Cardio Strength Morrison: Water Park/Main Pool Book		8:00AM-8:45AM (Group Exercise) <i>Kristin S.</i>			8:00AM-8:45AM (Group Exercise) <i>Genna H.</i>		



Brace Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic Blast Brace: Outdoor Water Park/Outdoor Lap Pool Book		8:10AM-8:55AM (Group Exercise) <i>Lynn T.</i> 9:00AM-9:45AM (Group Exercise) <i>Lynn T.</i>		8:10AM-8:55AM (Group Exercise) <i>Kristin S.</i> 9:00AM-9:45AM (Group Exercise) <i>Kristin S.</i>			
Water Arthritis Brace: Indoor Pool Book		10:00AM-10:45AM (Group Exercise) <i>Dianne B.</i>		10:00AM-10:45AM (Group Exercise) <i>Christina B.</i>			
Water Cardio Strength Brace: Outdoor Water Park/Outdoor Lap Pool Book			8:10AM-8:55AM (Group Exercise) <i>Pat P.</i> 9:00AM-9:45AM (Group Exercise) <i>Pat P.</i>		8:10AM-8:55AM (Group Exercise) <i>Lisa W.</i> 9:00AM-9:45AM (Group Exercise) <i>Lisa W.</i>	8:10AM-8:55AM (Group Exercise) <i>Kristin S.</i> 9:05AM-9:50AM (Group Exercise) <i>Christine (.)</i>	
Water Cardio Fitness Lite Brace Family YMCA Book			10:00AM-10:45AM (Group Exercise) <i>Christina B.</i>				
Water Cardio Strength Brace: Indoor Pool Book			6:45PM-7:30PM (Group Exercise) <i>Kristin S.</i>				
Water Cardio Fitness Lite Brace: Outdoor Water Park/Outdoor Lap Pool Book					10:00AM-10:45AM (Group Exercise) <i>Esther B.</i>		



Keith Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Cardio Strength Keith: Aquatics Center/Indoor Pool Book		8:30AM-9:30AM (Group Exercise) <i>Irina N.</i>		8:30AM-9:30AM (Group Exercise) <i>Irina N.</i>	9:00AM-10:00AM (Group Exercise) <i>Irina N.</i>		
Water Cardio Strength Keith: Water Park/Outdoor Pool Book		6:00PM-7:00PM (Group Exercise) <i>Phillis R.</i>		6:00PM-7:00PM (Group Exercise) <i>Deborah J.</i>			
Deep and Shallow Water Cardio Fitness Keith: Aquatics Center/Indoor Pool Book			8:00AM-8:45AM (Group Exercise) <i>Deborah J.</i>			8:00AM-8:45AM (Group Exercise) <i>Deborah J.</i>	
Deep Water Cardio Fitness Keith: Water Park/Outdoor Pool Book			9:00AM-9:45AM (Group Exercise) <i>Irina N.</i> 10:00AM-11:00AM (Group Exercise) <i>Irina N.</i>				



Harris YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Cardio Fitness Harris: Dickson Aquatics/MP Pool Book		9:00AM-9:45AM (Group Exercise) <i>Theresa M.</i>	8:00AM-8:50AM (Group Exercise) <i>Esther B.</i>	9:00AM-9:45AM (Group Exercise) <i>Theresa M.</i>	8:00AM-8:50AM (Group Exercise) <i>Esther B.</i>		
Shallow Water Cardio Fitness Harris: Dickson Aquatics/MP Pool Book		10:00AM-10:45AM (Group Exercise) <i>Theresa M.</i>	9:00AM-9:45AM (Group Exercise) <i>Diane A.</i>	10:00AM-10:45AM (Group Exercise) <i>Theresa M.</i>	9:00AM-9:45AM (Group Exercise) <i>Mollie D.</i>		
Deep and Shallow Water Cardio Fitness Harris YMCA Book		6:00PM-6:45PM (Group Exercise) <i>Rotating H.</i>		6:00PM-6:45PM (Group Exercise) <i>Rotating H.</i>			
Water Walking Harris: Dickson Aquatics/MP Pool Book			10:00AM-10:45AM (Group Exercise) <i>Diane A.</i>		10:00AM-10:45AM (Group Exercise) <i>Mollie D.</i>		



Stratford Richardson YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Cardio Fitness Stratford Richardson: Aquatics Center/Pool Book		9:00AM-9:45AM (Group Exercise) <i>Regina G.</i>		8:00AM-8:45AM (Group Exercise) <i>Donnetta C.</i>			
Aqua Zumba Stratford Richardson YMCA Book			6:30AM-7:30AM (Group Exercise) <i>Kesha D.</i>				
Shallow Water Cardio Fitness Stratford Richardson YMCA Book							3:00PM-4:00PM (Group Exercise) <i>Celeste H.</i>



Simmons YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep and Shallow Water Cardio Fitness Simmons: Indoor Pool Book		9:05AM-9:55AM (Group Exercise) <i>Lynn P.</i> 7:00PM-7:50PM (Group Exercise) <i>Christopher R.</i>	9:05AM-9:55AM (Group Exercise) <i>Ann L.</i> 10:05AM-10:55AM (Group Exercise) <i>Ann L.</i>	9:05AM-9:55AM (Group Exercise) <i>Lynn P.</i>	10:05AM-10:55AM (Group Exercise) <i>Sandy H.</i>	8:10AM-9:00AM (Group Exercise) <i>Ann L.</i>	
Water Cardio Fitness Lite Simmons: Indoor Pool Book		10:05AM-10:55AM (Group Exercise) <i>Lynn P.</i>		10:05AM-10:55AM (Group Exercise) <i>Lynn P.</i>			
Shallow Water Cardio Fitness Simmons: Water Park/Pool Book					9:05AM-9:55AM (Group Exercise) <i>Sandy H.</i>		



Lowe's YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Cardio Strength Lowe's Aquatics Center/Warm Pool Book		9:30AM-10:20AM (Group Exercise) <i>Diana M.</i>		9:30AM-10:20AM (Group Exercise) <i>Diana M.</i>			
Shallow Water Cardio Fitness Lowe's Aquatics Center/Warm Pool Book			9:00AM-9:50AM (Group Exercise) <i>Amy G.</i> 10:00AM-10:50AM (Group Exercise) <i>Amy G.</i>		9:00AM-9:50AM (Group Exercise) <i>Susan K.</i> 10:00AM-10:50AM (Group Exercise) <i>Susan K.</i>		
Shallow Water Cardio Fitness War Memorial Book			5:45PM-6:35PM (Group Exercise) <i>Susan K.</i>				



Lake Norman YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Cardio Strength Lake Norman: Water Park/Outdoor Pool Book		9:30AM-10:15AM (Group Exercise) <i>Rebecca S.</i>		9:30AM-10:15AM (Group Exercise) <i>Lynn S.</i>			
Aqua Zumba Lake Norman: Water Park/Outdoor Pool Book			9:30AM-10:15AM (Group Exercise) <i>Sue N.</i>				
Water Arthritis Lake Norman: Water Park/Outdoor Pool Book			10:30AM-11:15AM (Group Exercise) <i>Sue N.</i>				
Deep Water Cardio Fitness Lake Norman: Water Park/Outdoor Pool Book					9:30AM-10:15AM (Group Exercise) <i>Cindy B.</i>		
Aquatic Blast Lake Norman: Water Park/Outdoor Pool Book					10:30AM-11:15AM (Group Exercise) <i>Cindy B.</i>		
Stand-Up Paddle Fitness - Beginner Lake Norman YMCA Book					12:30PM-1:30PM (Group Exercise) <i>Cindy B.</i>		