



SOUTHEAST FAMILY YMCA
September 23rd - September 29th

5930 Six Mile Lane
Louisville, KY 40218
(502) 491 9622

	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
8am				Water Fitness Pool Janet Coleman 8am - 8:50am	Water Fitness Pool Janet Coleman 8am - 8:50am	Water Fitness Pool Janet Coleman 8am - 8:50am	Water Fitness Pool Janet Coleman 8am - 8:50am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.