

## Orrville Pool @ Orrville YMCA July 7th - July 13th

	MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
8am		<b>Aquajog</b> Monica Miyashita 8am - 8:45am		<b>Aquajog</b> Monica Miyashita 8am - 8:45am			
9am	<b>Aquacise</b> Katie Nickles 9am - 9:45am		<b>Aqua Zumba</b> Katie Nickles 9am - 9:45am		<b>Aquacise</b> Katie Nickles 9am - 9:45am		
10am	<b>Aqua Fit</b> Maggie Leporis 10am - 10:45am	Closed for Swim Lessons 10am - 12:15pm	<b>Aqua Fit</b> Maggie Leporis 10am - 10:45am	Closed for Swim Lessons 10:45am - 12:15pm	<b>Aqua Fit</b> Maggie Leporis 10am - 10:45am		
5pm	Closed for Swim Lessons 5:30pm - 7:30pm						
6pm			Closed for Swim Lessons 6pm - 7:30pm				

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.