

## Orrville Pool @ Orrville YMCA October 4th - October 10th

1801 Smucker Road ORRVILLE, OH 44667 (330) 683-2153

	FRI 4	SAT 5	SUN 6	MON 7	TUE 8	WED 9	THU 10
8am					<b>Aquajog</b> Monica Miyashita 8am - 8:45am		<b>Aquajog</b> Monica Miyashita 8am - 8:45am
9am	Aquacise			Aquacise		Aqua Zumba	
	Katie Nickles			Katie Nickles		Katie Nickles	
	9am - 9:45am			9am - 9:45am		9am - 9:45am	
10am	Aqua Fit			Aqua Fit		Aqua Fit	
	Maggie Leporis			Maggie Leporis		Maggie Leporis	
	10am - 10:45am			10am - 10:45am		10am - 10:45am	

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.