



Swimming Pool @ YMCA of Port Arthur

April 28th - May 4th

6760 Ninth Ave.
Port Arthur, TX 77642
(409) 962-6644

	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
8am	Aqua Cardio Willow R. 8:30am - 9:30am	Silver Splash Jodie D. 8:30am - 9:30am	Aqua Fitness Willow/Jodie . 8:30am - 9:30am	Aqua Cardio Willow R. 8:30am - 9:30am	Aqua Fitness Willow/Jodie . 8:30am - 9:30am		
9am	Stretch, Strength, & Balance Willow R. 9:30am - 10:30am	Arthritis Exercise Jodie D. 9:30am - 10:30am	Aqua Jog Willow/Jodie . 9:30am - 10:30am	Stretch, Strength, & Balance Willow R. 9:30am - 10:30am	Aqua Jog Willow/Jodie . 9:30am - 10:30am		
1pm		Homeschool PE Crystal M 1pm - 2pm					
4pm					7 n' Up Kids Water Aerobics Jodie D. 4:30pm - 5:15pm		
5pm	Aqua Jog Jodie D. 5:30pm - 6:15pm	Aqua Fitness Jennifer R. 5:30pm - 6:15pm		Aqua Fitness Jennifer R. 5:30pm - 6:15pm			

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.