



Swimming Pool @ YMCA of Port Arthur

May 17th - May 23rd

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

	SAT 17	SUN 18	MON 19	TUE 20	WED 21	THU 22	FRI 23
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
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.