



Swimming Pool @ YMCA of Port Arthur

May 28th - June 3rd

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

	TUE 28	WED 29	THU 30	FRI 31	SAT 1	SUN 2	MON 3
8am	Silver Splash Jodie D. 8:30am - 9:30am	Aqua Fitness Jodie D. 8:30am - 9:30am	Aqua Cardio Gina A. 8:30am - 9:30am				Aqua Cardio Gina A. 8:30am - 9:30am
9am	Arthritis Exercise Jodie D. 9:30am - 10:30am	Aqua Jog Jodie D. 9:30am - 10:30am	Stretch, Strength, & Balance Jennifer/Jodie . 9:30am - 10:30am				
5pm			Aqua Fitness Jennifer R. 5:30pm - 6:15pm				Aqua Jog Jodie D. 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.