



Henderson Family YMCA

June 2nd - June 8th

380 Ruin Creek Road
Henderson, NC 27536
(252) 438-2144

	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
8am			Hydropilates Pool Renee Gorby 8:30am - 9:30am				
9am	Aqua Bee Bop with Bill Pool Bill Kearney 9:30am - 10:30am	Paddle with Patty Pool Patty McHenry 9:30am - 10:30am		Making Waves Pool Ellen Currin 9:30am - 10:30am	Aqua Fit Pool Renee Gorby 9:45am - 10:30am		
5pm				Aquacise / Hydrostep Pool Juanita Wilkerson 5:30pm - 6:30pm			

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.