



Henderson Family YMCA

June 17th - June 23rd

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

| | TUE 17 | WED 18 | THU 19 | FRI 20 | SAT 21 | SUN 22 | MON 23 |
|-----|---|---|---|--|--------|--------|--------|
| 8am | | Hydropilates Pool Renee Gorby 8:30am - 9:30am | | | | | |
| 9am | 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 | | | |

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.