



# Henderson Family YMCA

June 22nd - June 28th

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

	SUN 22	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
8am				<b>Hydropilates</b> Pool Renee Gorby 8:30am - 9:30am			
9am			<b>Paddle with Patty</b> Pool Patty McHenry 9:30am - 10:30am		<b>Making Waves</b> Pool Ellen Currin 9:30am - 10:30am	<b>Aqua Fit</b> Pool Renee Gorby 9:45am - 10:30am	
5pm			<b>Aquacise / Hydrostep</b> 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.