

**GREATER PEORIA FAMILY YMCA
AQUA GROUP FITNESS
SCHEDULE SUMMER 2023:**



Monday



9-10am AquaFit or Aqua Zumba with Patty



Tuesday

9:30-10:30am Aqua Arthritis with Denise

5:30-6:30pm Aqua Zumba/Tabata with Prathi



Wednesday

9:30-10:30am Aqua Arthritis with Peggy



Thursday

9-10am AquaFit or Aqua Zumba with Patty

5:30-6:30pm Aqua Zumba/Tabata with Prathi

Friday

9:15-10:15am Aqua Zumba/Tabata Prathi



Saturday

9-10am Aqua Zumba or Aquafit



Sunday

11:30am-12:15pm Aqua Zumba with Denise

Questions about Aquatics? Contact:

Adam Wasson, YMCA Aquatics Director. adam.wasson@peoriaymca.org | 309-692-7631

