



# PLEASANT HILL YMCA GROUP X FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Aerobics</b> 9:00am–9:45am Julie Pool	<b>Water Aerobics</b> 9:00am–9:45am Ben Pool	<b>Water Aerobics</b> 9:00am–9:45am Julie Pool	<b>Water Aerobics</b> 9:00am–9:45am Ben Pool			<b>Water Aerobics</b> 8:00am–8:45am Julie Pool
<b>Body Conditioning</b> 9:30am–10:15am Julien Sports Court	<b>Water Aerobics</b> 12:15pm–1:00pm Julie Pool	<b>Body Conditioning</b> 9:30am–10:15am Julien Sports Court	<b>Water Aerobics</b> 12:15pm–1:00pm Julie Pool	<b>Body Conditioning</b> 9:30am–10:15am Julien Sports Court		
	<b>Core &amp; Strength</b> 5:00pm–5:45pm Lauren Sports Court		<b>Core &amp; Strength</b> 5:00pm–5:45pm Lauren Sports Court			
	<b>Body Conditioning</b> 6:00pm–6:45pm Lauren Sports Court		<b>Body Conditioning</b> 6:00pm–6:45pm Lauren Sports Court			

**NEW CLASS**  
Starting June 6

**NEW CLASSES**  
Starting June 8

**WATER AEROBICS: reservations are required and open 24 hours ahead of class time; classes are limited to 18 participants.**

\*Schedule subject to change. Please download app or check the online schedule for the most current and up to date info.

Effective June 8, 2021