



# PLEASANT HILL YMCA OUTDOOR GROUP EX FITNESS SCHEDULE September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics 8-8:45am Julie	Water Aerobics 8:45-9:30am Julie	Water Aerobics 8:45-9:30am Julie	Water Aerobics 8:45-9:30am Rachel	Water Aerobics 8:45-9:30am Ben	
	Body Conditioning 9-9:45am Sports Court Julien		Body Conditioning 9-9:45am Sports Court Julien		Body Conditioning 9-9:45am Sports Court Julien
	Water Aerobics 11:45- 12:30pm Julie	Water Aerobics 11:45- 12:30pm Ben	Water Aerobics 11:45- 12:30pm Julie	Water Aerobics 11:45- 12:30pm Julie	
				Pilates 5-5:45pm Sports Court Leslie	

**Water Aerobics:** reservations are required and open 24 hours ahead of class time; classes are limited to 25 participants.