



## YMCA OF METROPOLITAN LANSING - WATER FITNESS SCHEDULE Jan-Feb 2022

### OAK PARK YMCA - Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00am</b>	Water Fitness <b>9:00-9:45am</b>					Water Fitness <b>10:00am-11:00a</b>	
<b>10:00am</b>	Water Fitness <b>10:00-10:45am</b>						
<b>11:00am</b>							
<b>12:00pm</b>							
<b>1:00pm</b>	Returning Feb. 2022						
<b>2:00pm</b>							
<b>3:00pm</b>							

**Address: 900 Long Blvd, Lansing MI 48911 Phone: (517) 827-9700**

### PARKWOOD YMCA - Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00am</b>		Water Fitness <b>9:00-10:00am</b>	Water Fitness <b>9:00-10:00am</b>	Water Fitness <b>9:00-10:00am</b>			
<b>10:00am</b>							
<b>6:00pm</b>			Water Fitness <b>6:00-6:45pm</b>				
<b>7:00pm</b>							

**Address: 2306 Haslett Rd, East Lansing MI 48823 (517) 827-9680**

### WESTSIDE YMCA - Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00am</b>	Water Arthritis <b>8:00-8:45am</b>		Water Arthritis <b>8:00-8:45am</b>		Water Fitness <b>8:00-8:45am</b>		
<b>9:00am</b>	Water Fitness <b>9:00-10:00am</b>		Water Fitness <b>9:00-10:00am</b>				
<b>10:00am</b>							

**Address: 3700 Old Lansing Rd, Lansing MI 48917 (517)827-9670**

**Free for YMCA Members - Reservation required to secure spot! Great for all fitness levels, No swimming ability required. Classes run monthly. Please view pool schedules for pool hours and swim times.**

