



Nov-22

Oak Park - Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am	Water Fitness 9:00-9:45am					Water Fitness 9:30-11:00am	
10:00am	Water Fitness 10:00-10:45am						
11:00am							
12:00pm							
1:00pm			Water Fitness 1-2:30p				
2:00pm							
3:00pm							

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

PARKWOOD YMCA - Water Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am		Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am			
10:00am							
6:00pm							
7:00pm							

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

WESTSIDE YMCA - Water Fitness Class Schedule

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

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

Free for YMCA Members