

Cary Family Y Fall 2010 Water Newsletter

The last water class of our summer season will be Sunday, September 5th.

During our transition period, you are welcome to attend water aerobics classes at the Finley, Alexander & Kerr YMCAs.

Directions and class schedules can be found at www.YMCATriangle.org.

WATER EXERCISE SCHEDULE-INDOOR SEASON

(Classes will resume Monday, October 11th)

Monday - Saturday Aqua Fitness

9:00 - 9:55am

Monday & Wednesday

10:00 - 10:45am Aqua Jog/Run

Sunday

1:15 - 2:00pm Aqua Jog/Run

Monday & Wednesday

7:00 - 7:50pm Aqua Fitness

Please contact Donna Enichen at 469-9622 ext. 164 or
CaryAerobics@YMCATriangle.org with questions.