



Water Aerobics  
Water Aerobics @ Springfield Family YMCA  
June 15th - July 1st

300 S Limestone St  
SPRINGFIELD, OH 45505  
(937) 323-3781

	MON	TUE	WED	THU	FRI	SAT	SUN
9am					<b>Friday Finale</b> Mary Ellen Phillips 9am - 9:45am		
10am	<b>Shallow Water Fitness</b> Mary Ellen Phillips 10am - 10:45am		<b>Shallow Water Fitness</b> Mary Ellen Phillips 10am - 10:45am				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Springfield Family YMCA

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**Friday Finale** - A variety of water exercises from all the aquatic fitness classes.

**Shallow Water Fitness** - A shallow water class that is easy on the joints. This class involves various exercises and equipment.