

# AQUA FIT & AQUA YOGA

CLASSES WILL RUN 5/3-6/18/2021

REGISTRATION OPENS 4/26/2021

## AQUA FIT

\$15 REGISTRATION FEE

MONDAY 8AM-8:45AM OR 9AM-9:45AM (SHAYNA)

TUESDAY 8AM-8:45AM (SHAYNA)

WEDNESDAY 8-8:45AM (JACQUI)

THURSDAY 8AM-8:45AM (KIM)

FRIDAY 8-8:45AM (JACQUI)

## AQUA FIT II

\$15 REGISTRATION FEE

MONDAY 11:15AM-12PM (BARBARA)

WEDNESDAY 11:15AM-12PM (BARBARA)

## AQUA YOGA

FREE, REGISTRATION ONE WEEK IN ADVANCE

WEDNESDAY 9AM-9:45AM (DEBBIE OR JACQUI)

FRIDAY 9AM-9:45AM (JACQUI)

**KENNEBEC VALLEY YMCA**

REGISTRATION: Visit the Welcome Center, or call us at 207 622 9622

QUESTIONS? Contact Brandon, Health & Wellness Director at [Brandon@kvymca.org](mailto:Brandon@kvymca.org)

