



William G. White, Jr. Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua HIIT - Shallow Water Shallow - Program Pool						8:00AM-8:45AM (Water Fitness) Natosha L.	



Kernersville Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow Water Program Pool						8:05AM-8:50AM (Water Fitness) <i>Staff</i>	



Davie Family YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow Water Pool						8:15AM-9:00AM (Water Fitness) <i>Patty H.</i>	