



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Water Fitness Effective January-February 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00AM	Cardio-sculpt Kassie		Cardio-sculpt Kassie		Cardio-sculpt Kassie	
11:00AM	Low Impact Kassie LIVESTRONG®		Low Impact Kassie		Low Impact Kassie LIVESTRONG®	

Cardiosculpt An amazing workout that incorporates both cardiovascular work and strength moves. A great overall workout!

Low Impact This is a great class for those looking for a lower intensity workout. You will get a great all body workout without the high impact on your body. Great for those with physical challenges.

Inclement Weather

Exercise classes will be cancelled 30 minutes prior to start of class when; the temperature is below 50 degrees and below 60 degrees for our Silver Splash class.

**Temperatures are based on weather.com for zip code 33584
Winter Pool Hours listed on the back of this schedule!**

Brandon Family YMCA