



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AQUA FITNESS SCHEDULE

For more information contact:  
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**FULLERTON FAMILY YMCA**  
2000 Youth Way,  
Fullerton, CA 92832  
(714) 879-9622  
ymcaoc.org/fullerton  
Revised 01/01/2020

**Pool Hours:**  
Monday-Friday: 5:30am – 9:30pm

Saturday: 7am – 4:30pm  
Sunday: 10am – 4:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00 - 9:00</b>	Aqua Fit <b>(Melanie)</b>	Aqua Fit <b>(Kenny)</b>	Aqua Fit <b>(Hung)</b>	Aqua Fit <b>(Hung)</b>	Aqua Fit <b>(Hung)</b>	Aqua Zumba <b>(Shari)</b>	
<b>9:00 - 10:00</b>	Arthritis Aqua Aerobics <b>(Melanie)</b>	Aqua ZUMBA <b>(Kenny)</b>	Arthritis Aqua Aerobics <b>(Hung)</b>	Aqua Fit <b>(Hung)</b>	Arthritis Aqua Aerobics <b>(Hung)</b>		
<b>10:00 - 11:00</b>	<b>Deep Water (Melanie)</b>	Aqua Fit <b>(Melanie)</b>	Aqua Fit <b>(Hung)</b>	Aqua Fit <b>(Beth)</b>	Aqua Fit <b>(Debbie)</b>		
	You must be able to get yourself up right from a front and back float to participate						
<b>1:00 - 2:00</b>	Aqua Fit <b>(Elise)</b>		Aqua Fit <b>(Debbie)</b>		Aqua Fit <b>(Hung)</b>		
<b>7:00 - 8:00</b>						*Out of consideration for others, please do not enter the pool until your class begins unless you are joining the class already in progress. Please keep talking during class to a minimum. Thank you	

\*\*Due to safety; may close the pool in the event of poor weather conditions or chemical imbalances | **Effective January 2020**