



WELLNESS, HEALTHY LIVING & AQUATICS SCHEDULE

YMCA OF THE SANDHILLS Fayetteville Branch- JANUARY-2017



Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	1:00P-4:45P	1:00P-3:30P 6:30P-8:45P	8:00A- 10:00P 11:00A-2:00P 7:45P-8:45P Pool Closed 2-3	1:00P-3:30P 6:30P-8:45P	8:00A- 10:00A 11:00P-2:00P 7:45P-8:45P Pool Closed 2-3	1:00PM-3:30PM 6:30p-7:45p	1:30P-3:45P
Lap Swim	2 Lanes 1:00P-4:45P	5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-5:30P 3 Lane: 7:00P-8:45P	5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-2:00P 6:45P-8:45P 1 Lane: 4:00P-6:45P No Lanes 2-3	5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-5:30P 3 Lane: 7:00P-8:45P	5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-2:00P 6:45P-8:45P 1 Lane: 4:00P-6:45P No lanes 2-3	5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-6:30P 3 Lane: 6:30P-8:45P	2 Lanes: 8:00A-3:45P
Aerobics & Group Fitness	None	Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45P	Aqua Yoga 12:00P-12:50P Water Aerobics 6:45P-7:45P	Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45P	Aqua Yoga 12:00P-12:50P Water Aerobics 6:45PM-7:45PM	Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45P	Water Aerobic 8:00A-9:00A



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