



MATTOON AREA FAMILY YMCA

2015 Water Class Schedule

A.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:00 Mon-Fri	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
9:00-10:00 Sat	Sheila	Sheila	Debra	Debra	Dolly	Sonja
9:00-9:45 Mon/Wed	Water Volleyball	Water Volleyball	Water Volleyball	Water Volleyball		
9:00-10:00 Tues/Thurs						
9:00-9:45 Friday					Aqua Zumba® Louise	
9:45-10:45 Mon/Wed/Fri	Gentle Joints Elaine		Gentle Joints Rachael		Gentle Joints Rachael	
10:45-11:45 Mon/Wed/Fri	Primetime Elaine		Primetime Rachael		Primetime Rachael	
P.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 Mon-Thurs	Aqua Zumba® Louise	Water Aerobics Amy	Aqua Zumba® Louise	Water Aerobics Kelly		
					Mattoon Area Family YMCA 221 N. 16th St. Mattoon IL 61938 217-234-9494 www.mattoonyymca.org	

Updated 6/27/2014