



WATER FITNESS

WATER FITNESS SCHEDULE THROUGH MAY 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	Aqua Fit* 8-8:45am	Aqua Jogging* 8-8:45am	Aqua Fit* 8-8:45am	Aqua Jogging* 8-8:45am	Aqua Fit* 8-8:45am	Aqua Bootcamp 8-8:45am			
	Deep Water Fitness 9-9:45am	Joyful Joints 8-8:45am	Deep Water Fitness 9-9:45am	Joyful Joints 8-8:45am	Deep Water Fitness 9-9:45am				
	Aqua Fit* 10-10:45am	Aqua Fit* 9-9:45am	Aqua Fit* 10-10:45am	Aqua Fit* 9-9:45am	Aqua Fit* 10-10:45am				
		Aqua Jogging* 10-10:45am		Aqua Jogging* 10-10:45am					
	Aqua Fit* 7:30-8:15pm	Aqua Bootcamp 7:15-8:00pm	Aqua Fit* 7:30-8:15pm	Aqua Bootcamp 7:15-8:00pm	Aqua Bootcamp 7-7:45pm				
						<table border="1"> <tr> <td>Class Key</td> </tr> <tr> <td>Lap Pool</td> </tr> <tr> <td>Activity Pool</td> </tr> </table>	Class Key	Lap Pool	Activity Pool
Class Key									
Lap Pool									
Activity Pool									

Bolded classes are Beginner friendly.*

Classes have limited capacity and must be reserved via the Crossroads app or online.

HOW TO RESERVE CLASSES:

Reserve the group fitness class of your choice now directly through our online schedule or app. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

Reserve Your Spot

Step 1: View our schedule online at crymca.org or via the Crossroads YMCA mobile app

Step 2: Filter based on your preferences

Step 3: Select the desired class you are looking to reserve a spot in

Step 4: Select the icon or 'Book Class' link to reserve your spot