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Fremont Family YMCA

Dillon Family Aquatics Center

Water Workout Classes

**Monday (before 1 pm) Monday (after 1 pm)**

8:00 – 9:00 am Water Workout (Laura) 6:30 – 7:30 pm Hydrocise (Amy)

9:00 – 10:00 am SilverSneaker® Splash (Laura)

**Tuesday (before 1 pm) Tuesday (after 1 pm)** 8:00 – 9:00 am Into the Deep (Michelle) No classes

**Wednesday (before 1 pm) Wednesday (after 1 pm)**

8:00 – 9:00 am Water Workout (Laura) 6:30 – 7:30 pm H2O Body Sculpt (Jamie)

9:00 – 10:00 am SilverSneaker® Splash (Laura)

**Thursday (before 1 pm)**  **Thursday (after 1 pm)**

8:00 – 9:00 am Water Boot Camp (Rhonda) No classes

**Friday (before 1 pm) Friday (after 1 pm)**

8:00 – 9:00 am Water Workout (Laura) No classes

9:00 – 10:00 am SilverSneaker® Splash (Laura)

**\*\*\* Thursday evening will now have ‘Open Swim’\*\*\***

Please note the Dillon Family Aquatics Center hours are a little different from the main building. There are a few dates where the Aquatics Center will be closed for swim meets.

**Ask to join our Fremont Family YMCA Group Fitness Facebook group AND download our APP (Fremont Family YMCA) for all updates/cancelations/motivation.**

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