# YWCA 2022 January Water Fitness Class Schedule

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<th>Sun</th>
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<th>Tue</th>
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<tr>
<td>9:00 SUP</td>
<td>8:00 Early Bird</td>
<td>7:00 Paddle Fit</td>
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<td>8:00 Early Bird</td>
<td>9:45 Water Fit</td>
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<td>6:00 Kickbox</td>
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### Early Bird Water Fitness
**Monday - Friday 8am - 9am**
- Shallow + deep water
- Effort level: low to moderate

### Aqua Kick Boxing
**Mondays 6:00pm - 7:00pm**
- Shallow water
- Effort level: moderate to high

### Cardio Water Fitness
**Tuesdays + Thursdays 9:45am - 10:45am**
- with Linn Morin
- Shallow water
- Effort level: moderate to high

### Water Fit
**Mondays + Fridays 9:45am - 10:45am**
- with Ian
- Shallow water
- Effort level: moderate

### Paddle Fit with Ian
**Wednesdays 7am - 8am**
- Stand Up Paddleboard/
- Shallow water

**Please call front desk to sign up**

### Poise Yoga SUP
**with Shanna**
**Sunday 9:00am - 10:00am**
- Stand Up Paddleboard
- Effort level: your choice
- January dates: 1/2, 1/16, 1/30

**Must pre-register online with Poise Yoga Studio**

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Prices vary depending on membership type and age.
You can call ahead to sign-in.
Times are subject to change without notice.

130 East Ave
Lewiston, ME 04240
Front Desk 207.795.4050
ywcamaine.org