



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SOON TO BE
A SPLASHING
GOOD TIME!**



Aquatic Group Exercise Classes

September 30th – October 23rd

All Aquatic Group Exercise classes will be free to active YMCA members over the age of 18. Every class is limited to the first 8 participants that show up and register the day of. Participants can show up and register no earlier than 30 minutes before the class begins. Calling the YMCA in advance to reserve a spot will not be allowed.

Tuesdays and Thursdays: 9:00–9:45am – Low Intensity Water Aerobics
3:00–3:45pm – Aqua Kick boxing
5:30 – 6:15pm – Upper Body an Core

CLASS DESCRIPTIONS:

- * **AquaKick Boxing**–Aquatic class with creative cardio, targeted toning, and implementation of kick-boxing class. Punches and kicks with core engaging moves. Modifications for all ability levels in this fun-focused, total body conditioning class
- * **UpperbodyandCore**–Aquatic class designed to improve cardiovascular fitness, upper body strength, and overall health and well being. Great for anyone looking to get started in aquatic classes.
- * **Low Intensity Water Aerobics**–Aquatic class designed to improve cardiovascular fitness, strength, flexibility, and overall well-being. Great for anyone look to get started in aquatic classes.