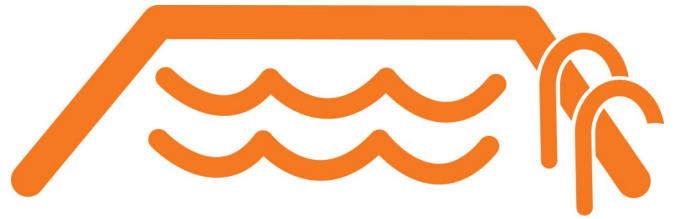




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING A HAPPIER HEALTHIER YOU

Aqua Fitness Schedule WALDO COUNTY YMCA



All Classes **FREE** with Annual YMCA Membership!

3 Month & Non-Member Pricing:

\$115 12 week session card, unlimited classes

\$8 Drop in fee – per class

**Unused or lost cards are non-refundable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00 a.m. Aqua Zumba® Angelica Therapy Pool		8:00 - 9:00 a.m. Aqua Zumba Angelica Therapy Pool		
	2:00 - 3:00 p.m. Power Aqua Donna Lap Pool		2:00 - 3:00 p.m. Power Aqua Donna Lap Pool	

Our class schedule is subject to change.

***Participants must be minimally 14 years of age to join in Aquatic Fitness Classes**

AQUA ZUMBA: blends the Zumba philosophy with natural water resistance. Not only will you have less impact on your joints, but you can also have fun while enjoying an effective workout for all ages and body types.

POWER AQUA: For those who want to feel the burn, Power Aqua is a more intense aerobic workout in shallow and deep water, using noodles and weights to isolate muscles and increase intensity. Interval training with periodic heart rate monitoring will allow participants to track progress.