



NEW YEAR—NEW YOU

Just add water!

PADDLE WITH PATTY
TUES. 9:30 AM

HYDROPILATES
*new begins Jan 2022
WED. 9:30 AM

MAKING WAVES
THURS. 9:30 AM

AQUACISE
*new begins Jan 2022
THURS. 6:30 PM

AQUAFIT
FRI. 9:45 AM

Water fitness classes are fun and challenging workouts. These low to high intensity exercise classes are designed to be low impact and ideal for all fitness levels for swimmers and non-swimmers. Cardio, resistance and core workout in shallow water. Traditional stretching and toning help increase strength and improve flexibility.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HENDERSON FAMILY YMCA
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