


# WATER EXERCISE

## SOMETHING FOR EVERYONE!

# Feb. 27 - April 21



A water aerobics class can provide a complete workout for your body, including muscle toning and cardio exercise. It is non-impact, which is gentle on your joints. The buoyancy also helps you move through a complete range of motion while providing resistance. It can be soothing for those who suffer joint or muscular discomfort from disease or trauma, and you can remain cool and comfortable throughout your workout. Check for pricing at front desk or [monvalleyymca.org](http://monvalleyymca.org).

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM		Splash Terri		Splash*** Terri	
10:00 AM	Aqua Motion Terri		Aqua Motion Terri		
10:15 AM	W.E.T. Marnie		W.E.T. Marnie		W.E.T. Marnie
11:45 AM	Splash Dance Peggy		Splash Dance Peggy		
6:35 PM	Deep Water Running Liz 6:30	Aqua Fit Liz	Deep Water Running Liz 6:30	Aqua Fit Liz	