



eliminating racism
empowering women
ywca

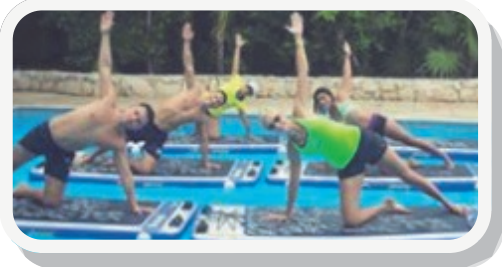


AQUA BODY STRONG

Combination of Yoga, HIIT & Fusion Fitness Classes
TONE, STRENGTHEN, STRETCH & BALANCE

AquaBodyStrong Yoga Fusion is a balance and strength based water-fitness class that uses inflatable, tethered AquaBodyStrong boards for a total body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on an unsteady surface increasing balance, strength, endurance, flexibility and focus.

- Tighter fitting workout clothes preferred—swim suits are not required
- Basic swim knowledge required for lap pool classes
- Limit 10 Participants/Boards



TO REGISTER:

- Boards will be available on a first-come first-served basis.
- Participants may reserve their spots in person via sign-up sheet at the Y.
- The sign-up sheet will be available at the Welcome Desk 30 minutes prior to class.

**We ask members and participants for their patience and constructive feedback as we implement this exciting new program.*

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>TYPE</u>
Mon/Wed	5:15am-5:45am	Lap Pool	Cardio
Tue/Thur	10:15-10:45am	Lap Pool	Cardio
Fri	12:15pm-12:45pm	Rec Pool	Yoga
Tue/Thur	5:30pm-6:00pm	Lap Pool	Cardio
Sat	10:30am-11:00am	Lap Pool	Cardio