



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
empowering women  
**ywca**

# MAKE A SPLASH WITH AQUA BODY STRONG

Make a splash this summer at the Marshalltown YMCA-YWCA with Aqua Body Strong! Strengthen your core and improve balance on the tethered Aqua Body boards. Experience a total body workout with a variety of intensity levels - from Yoga to High Intensity Interval Training, and everything in between.

- Tighter fitting workout clothes are acceptable - swim suits are not required for class
- Basic swim skill knowledge required for Lap Pool classes
- Up to 10 participants per class. Boards are available on a 1st come, 1st serve basis.

**WHEN:** Monday/Wednesday - 5:15-5:45am  
Tuesday/Thursday - 10:15-10:45am & 5:30-6pm  
Wednesday - 11:15-11:45am (at Marshalltown Family Aquatic Center)\*  
Friday - 12:15-12:45pm

**CONTACT:** Keisha Lockhart - [keisha.lockhart@ymca-ywca.org](mailto:keisha.lockhart@ymca-ywca.org) or 641.752.8658 ext. 224



\* - Classes at the Marshalltown Family Aquatic Center require paid entry to the Aquatic Center - tentative start date 6/6/18