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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
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**ywca**

# MAKE A SPLASH WITH AQUA BODY STRONG

Make a splash 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 boards available- Instructors are prepared to accommodate classes with more than 10 participants!

**WHEN:** Monday/Wednesday - 5:15-5:45am  
Tuesday/Thursday - 10:15-10:45am & 5:30-6pm  
Saturday 9:30-10:15am \*45 minute option\* beginning September 8th

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