



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
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, youth must pass swim test
- Up to 10 boards available- Instructors are prepared to accommodate classes with more than 10 participants!

WHEN: Monday/Wednesday - 5:15-5:45am
Thursday - 10:15-10:45am
Tuesday - 5-5:30pm ****Family Friendly****
Wednesday - 6:45-7:30pm
Saturday 9:30-10:15am

CONTACT: Keisha Lockhart - keisha.lockhart@ymca-ywca.org or 641.752.8658 ext. 224

