

WATER AEROBICS

- Great for **ANY** age or ability and those with joint injuries
- Meant to improve your muscular endurance, strength, and flexibility
- Included in your YMCA Membership

Monday - Friday
8:30 - 9:15 am



*** OFFERED AS LONG
AS WEATHER PERMITS**

**For more information, please contact
the YMCA at 229.244.4646**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**