

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, Wednesday & Friday

8:30 - 9:15 am

Tuesday & Thursday

11:15 am - 12:00 pm



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



*** OFFERED AS LONG
AS WEATHER PERMITS**

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