

# Aqua-Tone

## High Intensity Water Aerobics

**Days: Monday, Wednesday**

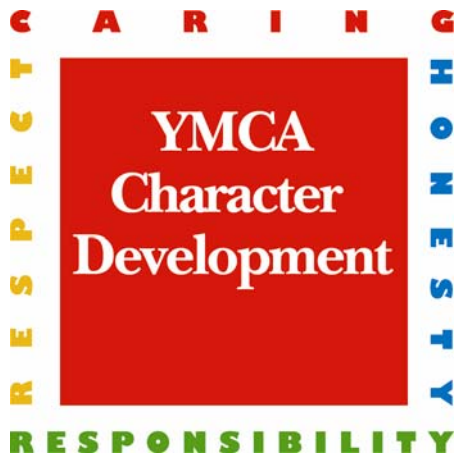
**Time: 6:00 pm to 7:00pm**

**Cost: Free to YMCA members**

**\$35.00 per month for non-members** (Financial Assistance Available - See Service Desk for more information.)

The **Aqua-Tone** class is ideal for those looking for a **high intensity** water workout with the intent to burn calories, improve cardiovascular fitness and increase muscle tone. Class includes 60 minutes of shallow water cardio work and deep water aerobics that emphasizes muscle isolation. Aerobic belts, barbells and noodles will be used to supplement the exercises. Equipment is provided by the YMCA.

**Classes are on-going each month. You may sign up at the Service Desk. For more information on this or any other program please call the YMCA at 827-9622.**



**Y Mission: To put Christian principles to practice through programs that build a healthy spirit, mind and body for all.**