

Aqua Aerobics

Location: Henderson County Family YMCA

Days: Tuesday and Thursday

Time: Tuesday and Thursdays 6:15pm-7:15pm

Cost: Free to Henderson County Family YMCA members
\$35.00 per month for non-members

(Financial assistance is available - see service desk for more information)

This class provides a low to medium intensity workout that is ideal for individuals with mild arthritis, joint and muscle pain or beginners. Classes work on aerobic conditioning, toning, stretching and strength improvement. Aerobic belts and barbells are used to supplement the exercises. Equipment is provided by the YMCA.

Classes are on-going each month. For more information or to sign up for classes, call the YMCA at 827-9622 or stop by the Service Desk. Check out our web page at www.hcfymca.com!



We build strong kids,
strong families, strong communities.

Y Mission: "To put Christian Principles Into Practice Through Programs, Services and Facilities That Build Healthy Spirit, Mind and Body For All."