



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7/11

GENTLE WATER EXERCISE

What is it?

Gentle Water Exercise is a 45-minute class that provides a great workout and is easy on the joints, while you exercise to fun music.

Who is it for?

This class is for all fitness and age levels. Exercise while having fun and meeting new people.

What do I wear?

Wear a swimsuit.

Where should I go on the first day of class?

Come to the front desk and tell them you are here for Gentle Water Exercise, and they will direct you to the locker rooms and pool.

How do I register?

This is a free program for members only. See our current Group Exercise Schedule for class days, times and locations or call 436-9622.

Any other questions?

<u>Contact:</u>	West Side Center	436-9533
	Broadview Center	436-9541
	Downtown Center	436-9552
	East Side Center	436-1230

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622 or www.greenbayymca.org