



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WATERWORKS

### What is it?

This is a 45-minute shallow water class that is easy on the joints. This class includes cardiovascular exercises combined with resistance exercises for a total body workout. Swimming skills are not required.

### Who is it for?

This class is for individuals of all fitness levels who want a great cardiovascular workout. This class uses natural resistance to get your heart rate up and strengthen your muscles while having a good time.

### 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 Waterworks, 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 and times or call 436-9622.

### Any other questions?

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

**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.