

# Aqua Kickboxing Classes

Aqua Kickboxing classes combine aqua movement, music and the fundamentals of kickboxing for the ultimate full body workout! This water aerobics cardio class is a “no contact” class that will help you burn calories and tone into shape. No experience necessary and you don’t need to be in shape to get started. Splash, splash-it will be a blast!



**April 19-June 9, 2021**

**Monday and Wednesday: 6:00-7:00pm**

Price varies depending on membership type and age.

You must call ahead to reserve a spot, space is limited to 10 people per class.

Must maintain social distancing on the pool deck, in the water and locker rooms.

Times are subject to change without notice.

eliminating racism  
empowering women

**ywca**

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