

# Water Fitness Classes

Water fitness classes focus on aerobic exercises in the pool. These classes are great for those that are recovering from injuries or are wanting to increase their strength and flexibility.



**March 1-May 30, 2021**

**Monday-Friday: 8:00-9:00am**

**Monday and Friday: 9:30-10:30am**

**Tuesday and Thursday: 10:30-11:30am**

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.

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**ywca**

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