



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Monday & Wednesday 7-8 p.m.**  
**Begins January 9th!**

Make a splash and join our "pool party" workout for all ages! A safe, effective and challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

Don't be fooled, this is not your normal aqua class, the moves are intense! Remember you will be moving your bodies for 45-60 minutes against the resistance of the water. The movements are challenging and you can really feel the muscles working against the resistance.

Merengue, Cumbia and Reggaeton are a few of the dance rhythms that are incorporated into this class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping.



La Porte County Family YMCA  
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