



WATER FITNESS @ THE WALHALLA POOL

Mondays, Wednesdays and Fridays with Nancy Aden

June 3rd– August 16th 8:45am – 9:30am

AQUABLAST – Cardio program designed to improve cardiovascular fitness. 45 minutes of medium to high intensity cardio endurance training. ALL levels welcome!

NEW! Tuesdays and Thursdays with Michelle Leslie

June 11th – August 15th 8:45am – 9:30am

BODY BLAST SPLASH – Splash your way to fitness! We'll go "Core Strong" and improve strength and flexibility in your Abs, Back, Hips and Glutes. Body Blast Splash covers the 28 muscles of your Core (and then some). Anyone can improve their personal level of Fitness, gain Confidence and splash their way to Fun! The major muscles that Move, Support and Stabilize your Spine are called the muscles of the Core.

***All participants will be required to complete a water fitness registration form prior to participating in this program. All participants must also complete a liability waiver.

Rates

ALL CLASSES are \$5.00/class/day
Payment and form is required to participate. Please come a little early your first day to fill out registration/release form.

Package Rates!!!

Buy a 10 class package for the price of 8 individual classes—
Saving you 20% off each class.

Payments can be made by cash, credit card, or check at the Walhalla Pool.

Any Questions can be directed to Foothills YMCA pool director at the email and/or phone number listed below.

Pool Address: 101 N. Maple Street, Walhalla 29691

DATES AND TIMES ARE SUBJECT TO CHANGE BASED ON PARTICIPATION, WEATHER OR OTHER FACTORS

P: 864.962.4049 ext. 506

E: pool@y4all.org