

Shallow End Water Aerobics

Join YMCA Fitness instructor Carrie Goyer

Thursdays

11:15 to noon

June 7th

July 12th

August 2nd

August 16th

Saturdays

10:15 to 11am

June 16th

July 21st

August 11th

August 18th

(Weather Permitting)

Perfect for all fitness levels !!!

Carrie will show you how to modify moves to get maximum benefits, no matter your age or fitness level !!! !!!

Warm up and 25 minutes cardio plus cool down, strength training and stretching.

Bring a water bottle and a friend!!!!!!!!!!!!!!

