

YWATER FITNESS™

We build strong kids, strong families, strong communities.

The T. Boone Pickens YMCA is proud of our outstanding Water Fitness Program that is **free** for members!

Water Fitness

Mondays, Wednesdays & Fridays

6:00—6:45 **AM**

6:00—6:45 **PM**

Saturdays

11:30 AM—12:15 PM

Power Punch

Tuesdays & Thursdays

12:00—12:45 PM

Aqua Circuits

Tuesdays

6:00—6:45 PM

Cardio Splash

Saturdays

10:00—10:45 AM

These classes are designed to give every participant a cardio-respiratory workout in a group setting. What's great about water exercise is that it's perfect for all fitness levels. Each participant can adjust their workout level in the water by increasing or decreasing their range of motion, speed and surface area—without missing any of the workout. Water Fitness is one of the best workouts for your cardio health, strength training, endurance and building up your metabolism.

Water Fitness is perfect for anyone and everyone!

T. Boone Pickens YMCA * 601 N. Akard St. * 214-954-0500 * www.tboonepickensymca.org

Financial Assistance is available; please ask for details. Non-members will be charged \$15.00 per class.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.