



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Low Impact Group Fitness

Lap Pool: Low Impact @ Central YMCA

April 3rd - August 31st

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Aqua Fit Judith B. 9am - 10am		Aqua Fit Judith B. 9am - 10am		Aqua Fit Kay R. 9am - 10am		
11am	Aqua Flex Cynthia H. 11am - 12pm	Aqua Flex Cynthia H. 11am - 12pm	Aqua Flex Cynthia H. 11am - 12pm	Aqua Flex Cynthia H. 11am - 12pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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Class Descriptions

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Aqua Fit - Experience the benefits of water exercise. Improve strength, flexibility, endurance, range of motion and agility. A great variety of cardio and toning exercises utilizing various aquatic equipment.

Aqua Flex - This mind body connection class focuses on balance, core strength, flexibility, and relaxation. Good class for people with arthritis, fibromyalgia or joint replacement. Perfect for beginning and intermediate fitness levels.