



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUA DANCE!



Aqua Dance gives new meaning to the idea of an invigorating workout. This class takes place in our heated rec pool. Enjoy dance exercise in the water while moving to motivating music for all ages. All fitness levels welcome. Swimming skills not required.

Wednesdays 9:00am–9:45am in the rec pool

Members: FREE Non-Members \$10 Day Pass

Drop-in class, all levels, no registration required

For more information contact Jen: jrosnau@superiorymca.org

**Superior Douglas County Family YMCA 9 N 21st St Superior, WI 54880
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