



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WET IS BACK!

## HIGH POWERED WATER WORKOUT

Water Endurance Training is a high intensity interval group water exercise class. WET includes shallow water high intensity drills with deep water endurance.

Come and Try this fast paced water boot camp!



**REGISTRATION IS OPEN!**

**DATES:** Jan. 8,15,22,29   Feb. 5,12,19,26   Mar. 5,12,19,26

**DAY & TIME:** Tuesdays 6:45pm-7:45pm

**COST:** Members \$32  
Non-Members \$40

**3 Month Package Deal:** Member \$75  
Non-Member \$100

**FOR MORE INFORMATION:**

Wellness Coordinator Jen Rosnau, [jrosnau@superiorymca.org](mailto:jrosnau@superiorymca.org) 715-392-5611