



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER ENDURANCE TRAINING

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!

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

DATES: March 5, 12, 19, 26

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

FOR MORE INFORMATION:

Wellness Coordinator Jen Rosnau, jrosnau@superiorymca.org 715-392-5611

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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