



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: May 7, 14, 21, 28 June 4, 11, 18, 25 July 9, 16, 23, 30
DAY & TIME: Tuesdays 6:45pm-7:45pm

COST: Members \$32
Non-Members \$40
Drop in: \$10

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

FOR MORE INFORMATION:

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