



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 OPEN!

WHEN: Tuesday, November 6, 13, 20, 27

TIME: 6:45pm-7:45pm

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

FOR MORE INFORMATION:

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