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# **PAC Water Aerobics**

**The class will be held at the Pirate Athletic Center Pool**

**Session Dates (6 weeks): 9/10/17-10/15/17**

**Days: Sunday 9:15-10am**

**\$30 member / \$40 guest**

**\*Minimum 6/Maximum 15**

## **Water Aerobics Description:**

**Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.**

**Register now at Pirate Athletic Center registration desk by September 7, 2017.**

Questions, contact Liann Cox at [lianncox@lakecountyyymca.org](mailto:lianncox@lakecountyyymca.org)

Register with Kim Bissett at [bissettk@perry-lake.org](mailto:bissettk@perry-lake.org)

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Name \_\_\_\_\_ E-mail address \_\_\_\_\_

Phone Number \_\_\_\_\_

**Return to front desk of the PAC**