



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SC Johnson Community Aquatic Center @ Pritchard Park

Aqua Zumba®

Tues & Wed 10:30–11:30am Romi

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

HIIT The Water

Thur 10:30–11:30am Myra

60 minutes of instructor led High Intensity Interval Training in the water. Utilizing the natural resistance of the water, a few pool toys and a great mix of music to get you moving this workout is designed for ALL levels of experience and guaranteed to give you a powerful workout.

Just bring your swim suit, towel and water shoes (strongly encouraged) and be ready to have some fun in the sun!

FREE for Racine YMCA Members & Seasonal Pass Holders

General Public Single visit: \$10 5 visit pass: \$30 10 visit pass: \$50

Classes will run June 11th – August 29th

SC Johnson Community Aquatic Center – operated by the Racine Family YMCA