



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW!



FREE FOR Y-MEMBERS

AQUA BOOT CAMP

Wednesdays

6:00-6:45 am

A high intensity, low impact shallow and/or deep water fitness class that is fun, fast and effective. Uses a variety of buoyancy and resistance equipment, circuit training, and cardio work to help you improve your fitness, tone and strengthen your body. A challenging workout, yet adaptable for all fitness levels, ages and abilities.

FREE for Y Members

Questions, contact: Aquatics Director: Erin Johnson, at 315-253-5304 ext. 106 or erinj@auburnymca.net

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