

# FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DEEP WATER FIT CHALLENGE

### Interested in taking your aqua workout to the next level?

Join, Trainer and Instructor Dawn for a vigorous workout that will make you sweat in the water! This workout is geared to intermediate fitness levels that want to feel more comfortable in the deep water and are interested in improving fitness levels. This class will use the flotation belts to help you feel confident moving faster in the water!

### Benefits

- Burn more calories
- Build lean muscle
- Increase aerobic capacity
- Improve core conditioning
- Sleep better and feel well-rested
- And so much more!



### Meeting Time

Wednesdays 9:15-10:15 am  
October 23-December 13  
Lap Pool

### Cost

8-week program  
Members: \$80 | Community: \$120  
Minimum number of participants needed in class is 6 with a maximum of 20.

**Registration is required. Please see the Front Desk or visit our website at: [genevalakesymca.org](http://genevalakesymca.org).**

### Questions

Contact Emily Fischer, Fitness Director | [emily.fischer@glymca.org](mailto:emily.fischer@glymca.org) | 262.248.6211 x17

**10% Discount\***

\*For reoccurring participants