

# FITNESS PROGRAMS



## 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 feel comfortable in deep water and are interested in improving their fitness level. 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  
September 4- October 16  
Lap Pool

### Cost

7-week program  
Members: \$70 | Community: \$105  
Minimum number of participants needed in class is 6 with a maximum of 20.

**Registration is required. To register please see the Front Desk, call 262.248.6211 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