



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE THE POOL YOUR GYM

PROGRAM SESSIONS

Aqua HIIT

Aqua HIIT is a high intensity, interval total body workout. This format will include strength exercises and cardio bursts to boost your metabolism and push your body to the next level. Age 16+

Lap Pool | 8-8:45 am | Wednesdays

Per Class Fee: Member \$8 | Community: \$16

Minimum per class: 3 | Maximum per class: 12

Deep Water HIIT

Deep water, high intensity interval training is a workout that will target your whole body. Get the benefits of powerful exercises with high energy without stressing your joints. Using belts and dumbbells you will gain strength and cardiovascular endurance, while gaining an all-over boost to your metabolism! Age 16+

Lap Pool | 9:15-10 am | Fridays

Per Class Fee: Member: \$8 | Community: \$16

Minimum per class: 3 | Maximum per class: 12



Register

In Person: Front Desk | Online: GenevaLakesYMCA.org | Call: 262.248.6211 | Mobile APP

Questions

Melissa Monge, Program Operations Director | 262.248.6211 x 17 | melissa.monge@glymca.org