



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE THE POOL YOUR GYM

## Deep Water HIIT

Lap Pool | 9:15–10 am | Fridays

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+

**Per Class Fee: Member: \$9 | Community: \$18**

**Minimum per class: 3 | Maximum per class: 12**



### Register

In Person: Front Desk | Online: [GenevaLakesYMCA.org](https://GenevaLakesYMCA.org) | Call: 262.248.6211 | Mobile APP

### Questions

Melissa Monge, Program Operations Director | 262.248.6211 x 17 | [melissa.monge@glymca.org](mailto:melissa.monge@glymca.org)