



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIGH POWERED WATER WORKOUT AQUA BOOTCAMP

LED BY MARGARET MCKINNON
Beginning September 11, 2017
MONDAYS; 10:15AM-11:15AM

Aqua Bootcamp is the high intensity workout you've been looking for!

If you're looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be!

This higher intensity class is designed to improve cardio conditioning and endurance; alternating with strength/balance, and core training.



RANDOLPH-ASHEBORO YMCA

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