



Aqua Aerobics

Location: Henderson County Family YMCA Main Pool

Days: Tuesday and Thursday

Time: 6:05pm-7:05pm

Cost: Free and open to Henderson County Family YMCA members only

This class provides a low to medium intensity workout that is ideal for individuals with mild arthritis, joint and muscle pain or beginners. Classes work on aerobic conditioning, toning, stretching, and strength improvement. Aerobic belts and barbells are used to supplement the exercises. Equipment is provided by the YMCA. No need to sign up or register. Just show up and participate. Classes are continues throughout the year.

For more information contact the YMCA or our Aquatics Director, Katharine Hill at 270-827-9622 or stop by the Service Desk.

Check out our web page at www.hcfymca.com!