

# Aqua Aerobics

**Location:** Henderson County Family YMCA

**Days:** Tuesday and Thursday

**Time:** 6:15pm-7:15pm

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

(Financial assistance is available – see service desk for more information)

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 on-going each month. For more information contact the YMCA or our Aquatics Director, Katharine Hill at 827-9622 or stop by the Service Desk. Check out our web page at [www.hcfymca.com](http://www.hcfymca.com)!

