



# **JULY 23<sup>rd</sup>–AUGUST 24<sup>th</sup> WATER AEROBICS TUESDAYS & THURSDAYS!!! 7–8PM**

## **Water Aerobics Class**

Join our group water aerobics for a low impact, effective exercise. This group will provide structured routines, variety, socialization, and much more! The instructor is ready to help you maximize your workout. Water aerobics will meet Tuesday & Thursday nights 7-8:00pm at the Kalona pool for eight weeks, with the exception of July 23<sup>rd</sup> & Aug 1<sup>st</sup>. All are welcome!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**End your day with a splash!**

**Don't be shy! Join us and drop in today!**

**Instructor  
Jeane Gearhart**

**\$5 drop in fee for full hour of fitness fun!**

**Lifeguard on Duty  
Nick Gearhart**

**KALONA YMCA**

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[www.washingtony.org](http://www.washingtony.org)