

Aquatic Boot Camp

Splash off the New Year!

Class Times: 11:00 AM – 12:00 NOON

Class Days: Tuesdays & Thursdays

Class Dates: February 2 - 25

Class Costs: Members \$30 Potential Members \$45

Swimmers will participate in a variety of water fitness exercises, swimming laps, treading water and more. Challenging total body workouts that will combine cardiovascular exercise and resistance training. Bring your water bottle. Can you meet the challenge???

*Participants should be able to swim at least one length of the pool.

Ragsdale Family YMCA 900 Bonner Dr. Jamestown, NC 27282

336-882-9622 – www.ragsdaleymca.org

