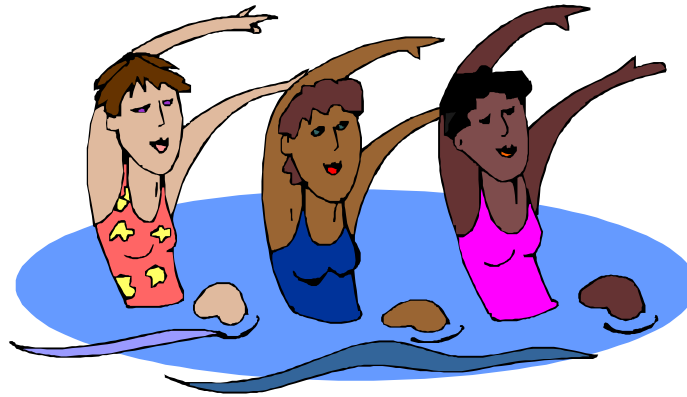


YWATER FITNESS™

We build strong kids, strong families, strong communities.



Check out the Benefits of Water Aerobics!

- Anyone can do it – no need to be a swimmer
 - Less stress on joints and muscles
- Burns calories more efficiently than land exercise
- All this – and you don't even have to get your hair wet!

YMCA Water Aerobics Schedule (one hour classes)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|------------------------|--------------------------|------------------------|--------------------------|------------------------|------------------------|--------|
| 9:00 a.m. | Shallow Water Shape-Up | Deep Water Fun & Fitness | Shallow Water Shape-Up | Deep Water Fun & Fitness | Shallow Water Shape-Up | | |
| 10:30 a.m. | | | | | | Shallow Water Shape-Up | |
| 4:30 p.m. | Shallow Water Exercise | | Shallow Water Exercise | | | | |

Our Mission: To put Judeo- Christian principles into practice through programs that promote healthy spirit, mind and body for all.

Greater Naples Branch

5450 YMCA RD Naples, Fl. 34105

239-597-3148

ymcapalms.org

