



# Lynn YMCA

## AQUA AEROBICS

This class is a fun hour of in water exercise. It is a low impact, highly effective way to strengthen, train and even just to loosen up stiff muscles and joints. Aqua aerobics are also highly beneficial to those suffering from arthritis, sports injuries, or just looking to get back in shape after surgery. Work at your own pace and make new friends!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics	9:15-10:15 Water Aerobics	9:00-10:00 Water Aerobics
6:30-7:30 Water Aerobics	6:30-7:30 Water Aerobics	6:30-7:30 Water Aerobics	6:30pm-7:30pm Water Aerobics		

Classes are included in your YMCA membership; all aqua aerobics classes are held in the pool. The Lynn YMCA reserves the right to modify the schedule as required.

**20 Neptune Blvd.  
Lynn, MA 01902  
781-581-3105 x226  
WWW.LYNNYMCA.ORG**