



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Aerobics:

These shallow water workouts will include aerobic training to strengthen your heart and lungs, muscle conditioning using in water equipment to strengthen your muscles, and will end with a stretch and relax phase to promote flexibility and reduce stress.

Monday/Wednesday/Friday 9:00 am – 10:00 am

Monday/Wednesday/Friday 12:00 pm – 1:00 pm

Tuesday/Thursday 9:00 am- 10:00am

Aqua Zumba:

Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Tuesday /Thursday 6:30 pm – 7:30 pm

Sign ups are done on a monthly basis. Please see the front desk for further information. All classes are for YMCA members only.

YMCA OF GREATER WHITTIER
East Whittier Family Center
15740 Starbuck Street, Whittier, CA 90603-2322
P 562-943-7241 F 562-943-2752 www.ymcawhittier.org

Uptown Whittier Family Center
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