



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE, ENGAGED, AND CONNECTED

Additional Group Exercise Offerings LAKEWOOD FAMILY YMCA

Our pools may be closed, but that doesn't mean that you have to stop moving! Along with our regular group exercise activities that are running, below are additional opportunities for you to get involved! Join one of your favorite water aerobics instructors for a class that you can enjoy on land! **Registration is not required to participate in the classes below.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y DRUMS 12-1pm Room 3		CHAIR AEROBICS 8:30-9:30am Room 2	CHAIR AEROBICS 7:15-8:15am Room 1	CHAIR AEROBICS 8:30-9:30am Room 2
	GENTLE YOGA 1-2pm Room 3		GENTLE YOGA 1-2pm Room 3	

»» FOR QUESTIONS ON THESE CLASSES, PLEASE CONTACT:
Aquatics Director | Sarah McGhinnis | smcghinnis@ymcapkc.org | 253-460-8940