



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Water Fitness AT THE HAYES-TAYLOR Y

WATER FITNESS at the Hayes-Taylor Y

Register Now!

All classes are limited to 20 participants.

Registration opens on the 20th of each month!

Classes run for one month!

For more information, contact: Larry Burnett, Executive Director, at

336-272-2131 or

larry.burnett@ymcagreensboro.org

- **Aqua Arthritis PLUS**
M, W, F at 9:00 am
(\$17 Members per month)
- **Aqua TURBO**
M, W, F at 10:00 am
(\$17 Members per month)
- **Aqua Zumba**
T an TH at 6:00pm
(\$12 Members per month)
- **Aqua BLAST**
Saturdays at 8:00am
Dynamic Aqua Cardio w/ Music
(\$ 8 Members per month)

HAYES-TAYLOR Y AQUATICS DEPARTMENT

2630 E Florida, Greensboro NC - 336-272-2131 - kathryn.mcnerney@ymcagreensboro.org