



WATER EXERCISE NEW CLASSES COMING SOON!

Men Only — Coming April 5th
Wednesdays at 11:15 AM | Exercise intensity: High
Featuring cardio, strength, core, and toning work, this men's only class provides a great workout with men's health in mind!

Combo Class — Coming March 2nd
Thursday at 1:00 PM | Exercise intensity: Moderate - high
This new combo class features a little bit of everything—gentle flow, cardio, flexibility, balance, and strength!

All classes are 45 minutes long. Class schedules and instructors may vary. Please bring your own towel. Water shoes and a water bottle are highly recommended.

Visit us in person or at ymcagreensboro.org to register for your free intro class today!

Questions or concerns?
Please contact Justine Intiso, Senior Aquatics Director
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