



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOT ALL ATHLETES WEAR SHOES



Men's Water Exercise Sample Classes YMCA OF THE NORTHWOODS

Join us in the pool to sample our **NEW** Men's Water Exercise class! The class includes beneficial work-outs in the pool with a male instructor. Exercising in the water causes less stress on joints than exercising outside the water, and it burns more calories!

When: Monday, December 4th 7:00-8:00AM
Thursday, December 21st 6:30-7:30PM

Price: FREE for all!

For more information contact Matt at:
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