



AQUA ZUMBA®

TUESDAYS AT 9AM IN THE YMCA POOL

Aqua Zumba® is a fun way to move in the water to music! The pace is slower and less intense than Zumba®. No need to learn the steps, just follow along the best you can and you'll get a full-body workout! It is taught by experienced instructor, Patty.

"Aqua Zumba® gives me the pleasure of being in the water, and moving to the music! I look forward to it every week. If you want to do two classes, it works really well to take H²O Fitness at 8 AM and then Aqua Zumba® at 9 AM on Tuesdays. I encourage you to give it a try!" - Nancy Solheim, Class Member

SKAGIT VALLEY FAMILY YMCA

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