



J. F. HURLEY FAMILY YMCA

WATER FITNESS ANNOUNCES

NEW CLASS STARTS FRIDAY

APRIL 3 @ 10:15 A.M.

**Water Personal Training available by
appointments**

Child care available



**CHECK OUT THE NEW
SCHEDULES WITH CLASS
NAME AND DESCRIPTION**

Benefits of Water

- Increased muscle strength
- Enhanced sense of wellbeing
- Decreased fear of general exercise
- Improved oxygen intake
- Greater flexibility
- Loss of excess body fat
- Increased agility
- No exercise-related injuries.

Check us out at www.rowanyymca.com



*I can do all things through Christ
which strengthens me.*

Philippians 4:13

