



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY LIFESTYLE IN A UNIQUE WAY

This exciting and fun small group training program is great for all abilities ages 10 and up. Inspired by stand up paddle boarding and mixing different fitness techniques like Pilates, Yoga and Cardio. You'll experience a work out that is both rewarding and challenging every time. The board is very stable so you don't need to be an expert to stand up on it and you can accomplish many of the workouts while kneeling. Come and check it out!

Must be able to actively participate in the class.
Those under 14 must pass the YMCA Swim Test.

Tues & Thurs

5:45pm - 6:45pm*

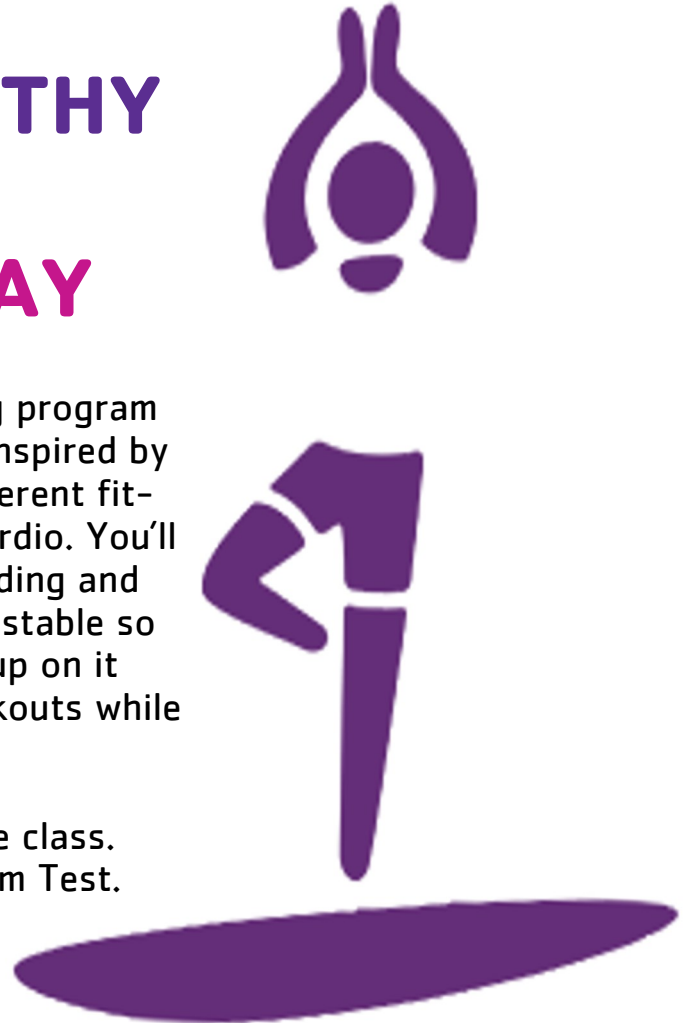
*the first 15 minutes of class is to set up the boards.

Members:

\$20/month | \$5 per class

Non-Members:

\$40/month | \$5 per class +
Facility Day use Fee



February Promo!

Sign up now and get half off the class for the remainder of the month.

Not sure if this class would suit you? For this month only you can try out one class for free*!

*non-members still need to pay the day use fee

