



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALANCE IS THE KEY

Aqua Stand Up

Come and join this exciting and fun small group training program. Inspired by paddle boarding, we incorporate different fitness techniques like Pilates, Yoga, muscular conditioning and H.I.I.T. (High Intensity Interval Training). This is one of the best balance workouts you will experience. The board is very stable so you don't need to be an expert to stand up on it.*

**This is not a class to learn how to paddleboard*

Thursdays @ 6:45pm - 7:45pm

Members: \$16/month

Non-Members: \$28/month

Ages 10+

Intro to Paddleboarding

Learning how to paddleboard starts with learning how to stand and balance oneself on the board. Focusing on the basics and fundamentals involved in paddleboarding, this class offers low impact exercises to improve on your balance, strength, and endurance. The board is very stable and participants begin with sitting or kneeling before progressing to standing fully.

Tuesdays @ 6:45pm - 7:45pm

Members: \$16/month

Non-Members: \$28/month

Ages 10+