

- **Individual instructors may use different music speeds (or may use no music).**
- **Exercise intensity, teaching style, and/or choreography will vary from class to class (please take this into consideration when selecting classes).**
- **We offer a variety of instructors to appeal to all of our members.**
- **Water Aerobics classes are instructor led and so much fun.....try one!**
- **Water Aerobics classes are for EVERYONE (all fitness levels welcome)!**
- **We encourage you to try all instructors and a variety of class times.**
- **Swimming is NOT REQUIRED for you to participate in a Water Aerobics class.**
- **If you have any questions or comments feel free to call Sarah Hopkins, Director of Group Fitness @ 582-2263 or e-mail her sarah.hopkins@ymcatriangle.org**
- **See you in the pool!**

