

**\*Individual instructors may use different music speeds (or may use no music) in classes. 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. If you have any questions or comments feel free to call Sarah Huffman, Group Fitness Director @ 582-2263 or e-mail her. [sarah.huffman@ymcatriangle.org](mailto:sarah.huffman@ymcatriangle.org)**

**Group Water Fitness classes are instructor led and so much fun!  
Try one! 😊**

**Water Fitness classes are for EVERYONE!  
All fitness levels are encouraged to attend.**

**We encourage you to try all instructors and all class times.**

**Swimming is NOT REQUIRED to take a Group Water Fitness class.  
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