

ADULT

Water Walking

Enjoy self guided walking in the lazy river in a quiet environment (Adults Only). The water's hydrostatic pressure is a great benefit that aids in the body's circulatory system by helping blood return to the heart and helps reduce swelling and encourages fluid absorption. Water Walking offers the benefit of 12 times the resistance than traditional land exercise. We recommend that all Water Walkers wear water shoes to prevent injury.

This program is **FREE** to YMCA Members &
OPEN to Adults Only

Monday—Friday
8am—9am

* Limited to 15 participants on a first come first served basis. * No Instructor Provided