



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUST ADD WATER & SHAKE! AQUA ZUMBA

NO COST OR REGISTRATION REQUIRED!
COME JOIN IN ON THE FUN!

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



See Group Ex. Schedule via our App for Class Dates/Times
Kearney Family YMCA - 4500 6th Ave - 308.237.9622 - www.kearneyymca.org