



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH WITH US

WATER FITNESS AT
THE PISCATAQUIS REGIONAL YMCA

POWER WAVES 60 min. class



⇒ Be ready to work in this moderate to high intensity class. With a focus on increasing strength, expect to use weights, noodles, kickboards, and more to enhance this always evolving workout. Participants are encouraged to use one of the provided flotation belts for the deep end portion of the class, or go without for an even greater challenge. Join Nikki for this fun, high energy low impact class that will get you your results with little stress on your joints! This class participates in the deep and shallow ends.

Monday
6:30pm-7:30pm
& Wednesday
6pm-7pm

*Lanes only for lap swimmers available during Water Wellness and Power Waves

** Up to 5 swimmers per lane, first come first serve.

Piscataquis Regional YMCA • 48 Park St DF 04426 • PRYMCA.ORG • 207-564-7111