



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST ADD WATER AND SHAKE

AQUA ZUMBA®
Portage Township YMCA

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Perfect For

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Benefits

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.

WHEN: Tuesdays & Thursdays at 5:30pm beginning September 4th

WHERE: Best Western Plus Portage Hotel & Suites
6200 Melton Rd., Portage, IN 46368

FEES:	MEMBER	NON-MEMBER	BEST WESTERN <small>Must be checked-in as guest</small>
	FREE	\$5.00/week	FREE



REGISTRATION IS REQUIRED
In-house or Online
Maximum of 10 Participants

PORTAGE TOWNSHIP YMCA | 3100 Willowcreek Rd., Portage, IN 46368
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