



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST ADD WATER AND SHAKE

**AQUA ZUMBA®**  
Portage Township YMCA

Download Our App



**Perfect For**

Geared towards Active Older Adults and 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 4:00pm  
**WHERE:** Country Inn & Suites  
1630 Olmstead Drive, Portage, IN 46368

**FEES:**

<b>MEMBER</b>	<b>NON-MEMBER</b>	<b>HOTEL GUEST</b>
FREE	\$5.00/week	FREE
<small>Must be checked-in as guest</small>		

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



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