



Whether you're easing back into exercise or staying strong for the long haul, water fitness gives you the power to keep going.

Join us this summer for Water Fitness in Sudden Valley. This low-impact class helps improve strength, flexibility and balance in a supportive water-based environment.

Mondays & Wednesdays, 12:30 - 1:30pm
Location: Sudden Valley | July and August
\$85 per month or \$150 for both months**



Use promo code **SVWATERFIT** at checkout to receive a discount when signing up for both July and August.

****Y members attend this class for free. All participants, including both Y members and non-members, must pay the Sudden Valley Recreation fee.**

WHATCOM FAMILY YMCA

1256 N State St, Bellingham, WA, 98225 | 360 733 8630 | whatcomymca.org