



**WATER EXERCISE CLASSES
AT
LEBANON VALLEY FAMILY YMCA**

201 N. 7th Street, Lebanon

**FOR PERSONS 60 & OVER
BEGINNING SEPTEMBER 12, 2016**

**CLASSES ARE Mondays & Wednesdays
12-12:30 P.M.**

\$2 DONATION PER PERSON PER CLASS

CLASS FEATURES

- ❖ **WATER EXERCISE LESS STRESSFUL ON JOINTS**
- ❖ **SWIMMING ABILITY IS NOT A REQUIREMENT**
- ❖ **EXERCISES ARE PERFORMED IN 2 ½ TO 4 FEET OF WATER**
- ❖ **LOW IMPACT CLASS FOR SENIORS**

**SPONSORED BY LEBANON COUNTY
AREA AGENCY ON AGING**

**PLEASE CALL LEBANON COUNTY AREA AGENCY ON
AGING FOR MORE INFORMATION AT 273-9262**

