



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Adult Water Fitness Classes

### **NEW! AQUA ZUMBA**

A truly unique fitness program, this one hour class incorporates all the fun of Zumba with the gentle support of the water. Combining high energy and motivating music allows participants to dance away their cares.

**PATCHOGUE: Monday @ 8:30 a.m.**

### **AQUA AEROBICS**

This one hour class develops cardiovascular fitness and strengthens your muscles using water's natural resistance.

Feel vibrant after taking this class! (20 to 30 minutes of aerobic exercise)

**HOLTSVILLE: Tuesday & Friday @ 8:30 a.m.**

**Monday & Thursday @ 7:00 p.m.**

**PATCHOGUE: Wednesday & Thursday @ 8:30 a.m.**

**Wednesday @ 7:30 p.m.**

### **WATER SLIMNASTICS**

This one hour class offers an effective physical workout using water's natural therapeutic qualities, buoyancy and resistance to trim & tone your body.

Feel refreshed & relaxed. Every muscle will be stretched & strengthened.

(15 to 20 minutes aerobic exercise)

**HOLTSVILLE: Tuesday & Thursday @ 11:00 a.m.**

**PATCHOGUE: Monday & Wednesday @ 11:00 a.m.**

Classes run in 8-week sessions. In addition to CURRENT MEMBERSHIP,

the cost of each 8-week session is as follows:

Registration for 1 class per week - \$85.00

Registration for 2 classes per week - \$125.00

Registration for 3 classes per week - \$160.00

Registration for 4 classes per week - \$180.00

Registration is on going. If you join at any time during the 8-week session,

we will pro-rate for any missed classes as follows:

1 CLASS PER WEEK: \$10.50 PER CLASS

2 CLASSES PER WEEK: \$ 7.75 PER CLASS

3 CLASSES PER WEEK: \$ 6.50 PER CLASS

4 CLASSES PER WEEK: \$ 5.50 PER CLASS

BROOKHAVEN ROE Y CENTER  
155 Buckley Road  
Holtsville, NY 11742  
Tel: 631-289-4440 Fax: 631-289-4451

PATCHOGUE Y FAMILY CENTER  
155 West Main Street  
Patchogue, NY 11772  
Tel: 631-891-1800 Fax: 631-891-1850