

WATER Aerobics

We build strong kids, strong families, strong communities.

Looking to start an aerobic routine?

Try our Low-Intensity Water Aerobics Class!

Water Aerobics is taught teaching participants that the slightest movements, even with little resistance, can make a big difference in your overall body definition.



Taught Mondays and Wednesday
10 a.m. to 11 a.m.

Cost per class:

YMCA members: FREE!

Non Member: \$5.00/class

CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, New York 13045
607-756-2893

**United
Way**

