



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BREAK A S'WET™

Come on an aquatic fitness adventure of Structured Water Exercise Training that delivers a high intensity, low-impact cardio and strength training experience. S'WET™ combines muscle, strength, and high intensity interval training (HIIT) with advanced cardio, plyometrics, equipment from the swim world, and a splash of fun.

TRY IT OUT!

Tuesday, Oct. 11
5:45pm - 6:45pm

Tuesday, Oct. 18
5:45pm - 6:45pm

REGULAR CLASSES BEGIN
Tuesday, Nov 15 at 5:45pm

OPEN TO MEMBERS ONLY at no cost

Reservation required.
Visit statelineymca.org/schedules or call 608-365-2261 to secure your spot.

IRONWORKS BRANCH
501 Third St.
Beloit, WI 53511

statelineymca.org

