



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

New Water Fitness Class “Fun-bata”

When: Mondays from 10:30 -11:30AM beginning Sept 10

“**Fun-bata**” is a fun way to be introduced to Tabata style exercises in the water using props. Fun-bata will add fun and playful exercises to timed cycles and rounds and combine fun props such as frisbees, balls, noodles and more to workouts that can target different areas of the body. Each participant works at their own intensity level. Funbata is a great introduction to Tabata exercise. Since equipment is used, timed cycles may vary and there are fewer rounds of cardio and intensity. If you’re looking for fun in aqua classes, give this one a try!



For more information, contact Sarah Blonsky at sblonsky@manateeymca.org or call 941-798-9622 x405

MANATEE YMCA
manateeymca.org
(941) 798-9622

Bradenton YMCA 805 59th St W • Bradenton, FL 34209
Lakewood Ranch YMCA 5100 Lakewood Ranch Blvd • Lakewood Ranch, FL 34211
Parrish YMCA 2214 U.S. 301 N. • Parrish, FL 34219