

# Aqua Fall Fit

## Innisfil YMCA



**Tuesdays 12:05pm-12:50pm**

**Sept 10th-Oct 22nd**

**OR**

**Oct 29th-Dec 10th**

**Member: \$60+tax    Non-Member: \$120+tax**

Learn how to align your body, walk confidently, feel balanced, and say goodbye to wobbles and stumbles in our warm aquatic setting. With guidance from Desirée Knack, a seasoned Registered Kinesiologist with 20+ years of aquatic therapy expertise, you'll master the secrets of proper alignment, balance, posture, and walking techniques. Strengthen your muscles, prevent falls, and enjoy every splash while you learn. It's all about staying active, having fun, and living well. Come make a splash with us and take a step towards a more balanced, vibrant you! Reserve your spot today.

