

Spring Session

Aquacise

This non-impact aerobic class uses the resistance of the water to strengthen your heart and tone your muscles. Perfect for all activity levels, including seniors and first time exercisers. Classes meet once a week For 8 weeks.



**Cost: Member: Free
Nonmember: \$79**

If you can't make all the classes
drop in as your schedule allows:

Drop in fee: \$12

- Course #106 Tuesday 11:15am begins 3/23
- Course #109 Tuesday 7:30pm begins 3/23
- Course #113 Wednesday 7:30pm begins 3/24
- Course #117 Thursday 11:15am begins 3/25
- Course #121 Thursday 7:30pm begins 3/25
- Course #123 Friday 12:15pm begins 3/26

