

Senior Water Fitness

Instructor: WSI Staff

Seniors. Low impact water aerobics helps improve flexibility and mobility for both swimmers and non-swimmers. This class meets in the shallow end of the pool. Each class includes time for individual exercise activities and/or lap swimming.

Monday & Wednesday 12:15 –12:45pm
Res \$15/NRes \$25 Drop-in Fee \$2.00

Season 7/6-8/10



**CALL US AT 249-0625 TO
REGISTER TODAY!**