

Water Aerobics

Water aerobics provides a great workout for aerobic and physical conditioning and protects joints from the impact of traditional aerobics. All fitness levels welcome. No experience needed.

WHO: Adults 18 & Up

WHAT: Water Aerobics

WHEN: 6/7-6/30 Tuesday & Thursday 4 weeks 7-8 PM &
7/5-7/28 Tuesday & Thursday 4 weeks 7-8 PM

WHERE: Riley Pool

COST BENEFIT: \$35-R/\$40-NR per session
\$9 per single class (sign all forms at class)

REGISTRATION: Begins 5/9-ends when full or class starts
(*maximum 25, minimum 9 per session)

Speak to Instructors about make up classes due to weather

*Speak with Instructors on specifics



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The Benefits are Endless!

