

Water Exercise

(16yrs & older)

Splash into an exciting workout and enjoy the benefits of water exercise! This class is a great way to increase cardiovascular fitness, muscle strength, endurance, and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. Teens 13-15 may register with a parent or guardian. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$90 for 12 workouts.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640470.BA	16yrs&older	4/30-5/25	MWF	5:30pm-6:30pm	\$66/\$83
640470.AA	16yrs&older	5/5-5/26	Sa	8:00am-9:00am	\$26/\$33
140460.AA	16yrs&older	5/30-6/15	MWF	5:15pm-6:15pm	\$52/\$65
140460.BA	16yrs&older	6/18-7/13	MWF*	5:15pm-6:15pm	\$72/\$90
140470.AA	16yrs&older	6/23-7/14	Sa	8:30am-9:30am	\$26/\$33
140460.CA	16yrs&older	7/16-8/10	MWF	5:15pm-6:15pm	\$78/\$98
140470.BA	16yrs&older	7/21-8/11	Sa	8:30am-9:30am	\$26/\$33
140460.DA	16yrs&older	8/13-8/31	MWF	5:30pm-6:30pm	\$59/\$74

*No class 7/4