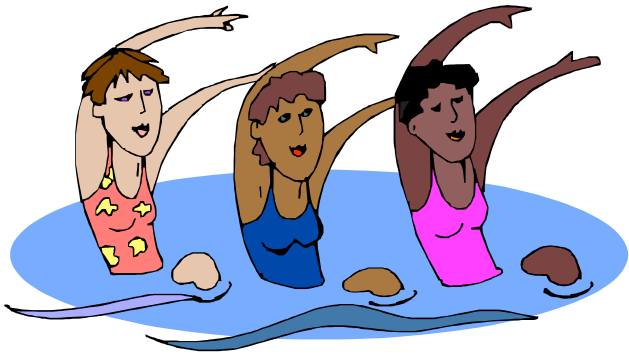


Aqua Fitness Class

Starting Sunday, June 6th



A class for all fitness levels which includes exercises designed to improve cardiovascular fitness, strength, endurance, balance, flexibility, and coordination. Exercise at your own speed and intensity, utilizing the water's natural resistance. No swimming required. It is a challenging vertical work-out in the water.

Sunday mornings from 10:30 to 11:30 beginning June 6th
Pay as you go! No need to worry about make-ups or vacation plans.
\$5.00 per person per class

Classes taught by Marti Badila
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Member of Aquatic Exercise Association
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