



# WATER AEROBICS LOW-IMPACT FULL BODY WORKOUT



## FREE

Mondays, Wednesdays & Fridays  
12-1pm

This program uses the buoyant qualities of water to enhance physical fitness through exercises. It is a low-impact class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome.