

We're diving back into the water for morning aquatics classes

July 6 – August 23

Tuesdays	Thursdays	Fridays
9:45 – 10:45am New Waves Kathy S.	9:45 – 10:45am New Waves Kathy S.	8:30-9:00am Aqua Zumba Lucy

New Waves: High energy moves to gain cardio fitness using water weights for toning

Aqua Zumba: Join the dance party in the pool in this fun and low impact workout that will have you moving and grooving to great music

