



GAUCHE AQUATIC PARK

WATER AEROBICS



➤➤➤➤ **AGES 18+**

This shallow water class is paced for seniors and adults designed to promote joint flexibility, range of motion and cardiovascular fitness.

Session 1 | June 14 - July 5 | Fridays | 10am-11am

Session 2 | June 12 - August 2 | Fridays | 10am-11am

\$30/\$35NR

OR

\$8 DROP-IN