

Water Aerobics

Monthly

Tuesdays & Thursdays

11:00am - 12:00pm

*Registration opens the 1st Tuesday of each month, both online and in-person, for the upcoming session.

	<u>49 & Under</u>	<u>50 & Over</u>
September	\$40/\$50 _{NR}	\$32/\$35 _{NR}
October	\$48/\$58 _{NR}	\$40/\$43 _{NR}
November	\$32/\$42 _{NR}	\$24/\$27 _{NR}



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



Gauche Aquatic Park

421 C Street, Yuba City

(530) 822-4655

www.yubacity.net