

## Aquafit

Get your body *in motion* and enjoy the buoyancy the water provides while improving your flexibility, strength and cardiovascular fitness. Enjoy the benefits of aerobics without the stress on your joints. Aquafit provides adults an effective workout for legs, stomach, and upper body.



Lap Pool
Mon thru Fri – 12:00 pm to 1:00 pm
Mon and Wed – 7:30 pm to 8:30 pm
\$4.50/Person



*Admission for all Recreational Swims is based on pool capacity.  
Monday/Wednesday evening Adult Length and Aquafit ends on August 31<sup>st</sup>*

