

WATER AEROBICS

TUESDAY/THURSDAY/SATURDAY

PUNCH CARD: 10 for \$40 or 20 for \$75 or,
(\$5.00 for individual session)

You may purchase the punch card at the pool at any time.



Aerobic Classes are led by an instructor for 45 minutes, with a 15 minute free swim to follow. They can be as high or low impact as you allow. We are a “no judgement” facility, and you are guaranteed to make some friends and have a good time. You might feel the results the next day without even realizing you worked out! Come and try a class! No swimming experience is necessary, you will be in 4 ft high water. We will supply all the necessary equipment for you to use.

Aerobics are held on: Tuesday Mornings at 10:00 am

Thursday Evenings at 7:00 pm

Saturday Mornings at 11:00 am

(STARTING JUNE 4th THROUGH AUGUST 22nd)

219-766-2800 (during season) for any questions