

# WATER AEROBICS

## TUESDAY/THURSDAY/SATURDAY

PUNCH CARD: 10 for \$30 or (\$4.00 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 Starting June 9th

Except July 7 and 14 will be in the evening at 7:00pm because of our two week swim classes held those two mornings of regular aerobics.

Thursday Evenings at 7:00 pm

Saturday Mornings at 11:00 am

**STARTING JUNE 9<sup>th</sup> until end of season**

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