

# Water Aerobics for Adults



**Mondays and Wednesdays**

**7:35 PM - 8:35 PM**

**Begins September 19!**

**Ages 15 Years and Older**



**Course Fee is \$51, or  
\$46 with resident  
discount card.**

Make a splash in our new water aerobics class! This low-impact exercise will give you both a cardio and toning workout! This class is especially ideal for those with arthritis and joint pain. A mixture of movements in the water will help us to be Aqua-Fit!

**Located at the Cleveland Hill High School Pool**