

High Energy Water Exercise

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Looking for a fast-paced, calorie burning exercise program? Program emphasis is reaching increased metabolism and heart rate, as well as, warm-up and cool down exercises. This is a great opportunity to get a workout and to meet new friends. Physician approval recommended.

MONDAY, WEDNESDAY, FRIDAY: 12 – 1PM

COST: \$6 DROP-IN OR \$50 10-PUNCH PASS

PHYSICIAN APPROVAL RECOMMENDED AGES: 16 +



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