



Adult Evening Fitness Challenge

Tuesday & Thursday

7:15 - 8:00 p.m.

45-minute fitness challenge

16 sessions

June 18 - August 6

**no class July 4*

**some classes may be rescheduled if there is an event at the pool*

**weather related cancellations will be rescheduled by the instructor*

Classes will include:

- lap swimming
- treading water
- water running
- water aerobics
- muscle training
- flexibility

Fee: \$150 pool members / \$190 non-members

OR

\$12 per session pool members / \$16 per session non-members

Must prepay - payment due before start of your first class

***We recommend that you bring a towel, water bottle and a pair of goggles.**

