



# Adult Evening Fitness Challenge

**Tuesday & Thursday**

**7:30 - 8:15 p.m.**

**45-minute fitness challenge**

**16 sessions**

**June 14 - August 4**

*(weather related cancellations will be rescheduled by instructor)*

## **Classes will include:**

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

**Fee: \$180 pool members / \$190 non-members**

**OR**

**\$12 per session pool members / \$15 per session non-members**

*Payment due before start of your first class*

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

