

PRESS RELEASE

CITY OF BISHOP
ADD SOME WATER TO YOUR WORKOUT

Adding water to your workout is a great way to stay fit and healthy through the hot summer months. Aquatics is a non-impact workout suitable for any age, any level of fitness.

The beauty of working out in water is you can workout as gently or powerfully as you wish, for anyone wanting a safe, fun, balanced workout.

Don't let the fear of water or lack of swimming background put you off. You don't even have to get your hair wet.

These classes will be every Tuesday and Thursday evening beginning June 10, 2008 thru August 28, 2008 starting at 7:00 p.m. We recommend you wear water shoes or light tennies; and if you're not comfortable in a swimming suit, wear a pair of shorts.

These classes will be taught by fitness expert Sherry Dishion who is a certified Aerobics and Fitness Professional through the Aerobics & Fitness Association of America (AFAA). For more information on these classes call Sherry at 873-6092. Cost is \$3.00 per class.