

WATER AEROBICS

Water exercises are a great way to **Build Muscle Endurance and Strength** without putting stress on the joints. It's also a fun and great **Cardio Workout** without the **HEAT!**

Enjoy the Water Aerobic Classes at the Bishop Park Pool

Aerobic Season starts **June 8th - August 12th**

Tuesdays & Thursdays

Mornings **Evenings**
8:15am-9:15am & **6:30pm-7:30pm**

Fitness Punch Pass: \$90 for 20 punches
Daily Class: \$5

