

# Water Aerobics

**June 7<sup>th</sup>  
through  
September 1<sup>st</sup>**

**Every Tuesday & Thursday  
4:30PM - 5:30PM**

**Tone muscles, and increase cardiovascular fitness with a water workout!  
Trained instructors lead fun, low-impact aqua aerobics classes for all fitness levels.**

Whether you are an experienced athlete or a fitness novice,  
the benefits are ENDLESS from a water-based workout!

- \*The natural resistance of water tones muscles
- \*Added buoyancy increases core strength and reduces impact on joints, all while providing an efficient and fun cardiovascular workout
- \*Increase your flexibility and coordination as you exercise in our pool
- \*Cross-train to enhance performance in other sports
- \*Help reduce your susceptibility to osteoporosis by regularly participating in weight-bearing exercise
- \*Maintain your fitness level while recovering from injury

**Come and join the fun!!**

**For More Information, call 692-3084  
[www.dsccmwr.com/fitness](http://www.dsccmwr.com/fitness)**

