



WATER FITNESS

This 1 hour water aerobic class is a high intensity, low impact exercise for adults looking to build strength, endurance and tone muscles. Classes will be led by Coach Tina, and will feature upbeat music with high energy movement.

FOR AGES
16+

TROY GYM

Friday Nights
7-8PM

\$20/class

Class Dates:

4/25, 5/2, 5/9, 5/16

All participants must have a waiver on file and have a current registration fee.

