



WATER AEROBICS

**CLASSES ON TUESDAYS,
THURSDAYS, & SATURDAYS!
9:30AM - 10:30AM**

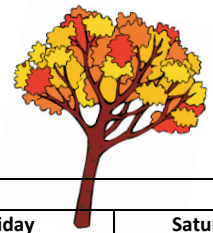
**Looking for a fun way to stay
fit and healthy? Look no
further than water aerobics!**

\$45 PER MONTH

REGISTER NOW



SEPTEMBER 2023 WATER AEROBICS



Classes are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRICING: \$45 PER MONTH, PER RESIDENT \$10 DROP-IN					1	2 Water Aerobics – 9:30 a.m.
3	4 	5 Water Aerobics – 9:30 a.m.	6	7 Water Aerobics – 9:30 a.m.	8	9 Water Aerobics – 9:30 a.m.
10	11	12 Water Aerobics – 9:30 a.m.	13	14 Water Aerobics – 9:30 a.m.	15	16 Water Aerobics – 9:30 a.m.
17	18	19 Water Aerobics – 9:30 a.m.	20	21 Water Aerobics – 9:30 a.m.	22	23 Water Aerobics – 9:30 a.m.
24	25	26 Water Aerobics – 9:30 a.m.	27  	28 Water Aerobics – 9:30 a.m.	29	30 Water Aerobics – 9:30 a.m.

\$45 MONTHLY REGISTRATION FEE (UNLIMITED CLASSES)

\$10 DROP-IN FEE

Water Aerobics –

A low impact but high intensity water aerobics class where all swimming levels are welcomed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Register at: <https://www.siennarec.com/pools>

