

**\*IMPORTANT! KEEP THIS ALL SEASON!\***



## Water Aerobics: Session Two

Join us for a fun, low-impact aquatic workout! This program will combine relaxation with muscle strength and conditioning while in the fun environment of the pool. **The goals of this program are to improve muscle tone, flexibility and cardiovascular endurance.**

|                         |                                  |
|-------------------------|----------------------------------|
| <b>Program Leader:</b>  | TBA                              |
| <b>Program Liaison:</b> | Alex Redenius<br>alexr@fvsra.org |
| <b>Location:</b>        | Keeler Pool                      |
| <b>Date(s):</b>         | Thursdays, Feb 16-Apr 5          |
| <b>No Program Dates</b> |                                  |
| <b>Time:</b>            | 3:00pm-4:00pm                    |
| <b>Program Code:</b>    | 312-6011-2-4                     |

| <b>Location</b>                | <b>Drop Off</b> | <b>Pick Up</b> |
|--------------------------------|-----------------|----------------|
| <b>If meeting at the Site,</b> | 3:00pm          | 4:00pm         |

**Notes:**

- Please be dressed and ready to get in the pool at the start of the program.

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