

## **SPLASH FITNESS WATER AEROBICS**

**IMPROVE YOUR HEALTH WITH THIS FUN, LOW IMPACT  
AND FULL BODY WORKOUT.**

**WEDNESDAYS.....JULY 2ND—AUGUST 20TH  
7:00PM-8:00PM**

**OR**

**TUESDAYS & THURSDAYS.....JULY 3RD—AUGUST 21ST  
10:00AM-11:00AM**

**@ NEWTOWN GRANT OUTDOOR POOL**

**CLASSES START WEDNESDAY, JULY 2ND**

This is a low impact and exciting water aerobics class where no swimming skills are needed.

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.

**All equipment is provided. Just bring a towel, bottle of water and water shoes (if you have them).**

**\$5.00 per person per class.**

**Pay via VENMO (@Newtown-Grant) or cash the day of.**

**For more information, please contact**

**Michelle @ 609-439-2733 or MMRDWS@yahoo.com**