



## **COUNT DOWN TO WATER FITNESS HAS BEGUN ☺**

Want to feel better while having fun? Come join us in YOUR gorgeous village pool for a safe and effective **water aerobics class** that can improve your strength, flexibility, and stamina.

Classes kick off June 19th, 2024

Classes offered Wednesdays @ 5:00 p.m. and Saturdays @ 9 a.m.

Class program is available to all registered pool members

**FREE OF CHARGE**

End of class season scheduled for August 31, 2024

**Equipment not provided. Please bring your own water weights and noodle.**

*Additional Suggestions: water shoes, sun hat, sun screen, spf shirt, plenty of water to drink & any additional items for your needs.*

*Equipment can be found on amazon, at Walmart, target, dicks sporting goods and Most sporting retailers.*

*Please contact the Village Hall for information  
On joining your Pool Member community.*

*Your Safety is of our utmost concern. Classes not held in rain, thunder & dangerous weather conditions.*

