

# UPDATES!

1. The Stretch and Tone class with Suzan will be on vacation until the instructor gets back from her vacation.

Class resumes on Tuesday, August 11<sup>th</sup> at 10:00 a.m.

2. The morning water exercise class with Dawn is doing so well that we are going to try adding an evening class with Suzan.

Class starts on Monday, August 10<sup>th</sup> at 4:15 p.m.

## CLASS INFO:

Class fees... Free to members, \$2 guest fee for non-members

### Stretch and Tone

Instructor Suzan

Tuesday and Thursdays at 10:00-11:00 am

15-2800 Kawakawa Street

Bring a matt...a limited number of hand weights and exercise bands are available to borrow.

### Water Exercise

Mondays and Wednesdays at 12:00-1:00 pm

Instructor Dawn

Mondays and Wednesdays at 4:15-5:15 pm

Instructor Suzan

Honu Pool

Bring a noodle for deep water work...a limited number of noodles are available to borrow.