

# WATER AEROBICS

We invite you to come join in the fun. This energetic hour long workout features both aerobic and strength portions and utilizes the shallow and deep ends of the pool. It requires a certain level of comfort in the water but you do not have to be able to swim to participate. It is appropriate for all ages and most fitness levels.

## **Bring a noodle for the deep water work!**

(We have a few extras noodles if you'd like to just try out the class. If you attend on a regular basis we recommend you purchase your own.)

**Days: Mondays & Wednesdays**

**Time: 12:00 noon**

**Instructor: Suzan**

**Free to HSCA Members**

**Non-members pay a \$2 guest fee**

*See you at  
the Honu Street pool!*

