

Fitness Classes



AquaFIT - 2014

Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water takes the pressure off your bones, joints and muscles. Water offers natural resistance, which helps strengthen your muscles. You can even do aquatic exercise if you don't know how to swim. AquaFit class is performed in chest-deep water. All fitness levels will benefit.

COST:

2x/week = \$60

3x/week = \$90

TIMES:

Tuesday & Thursday - 7:00 PM to 8:00 PM

Saturday - 9:00 AM - 10:00 AM

DATES:

Session 1: June 3 - 28

Session 2: July 8 - July 31

Session 3: August 5 - 30

Registration at Kyle Parks Offices, 700 Lehman Rd (Lake Kyle), Monday - Friday, 8:00am - 5:00pm

[Register On Line](#)

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