

Fitness Classes



AquaFIT - 2012

Aquatic exercise is a low-impact activity that 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. All fitness levels will benefit.

COST:

2x/week = \$60

3x/week = \$90

TIMES:

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

Saturday - 9:00 - 10:00 am

DATES:

Session 1: June 5 - 30

Session 2: July 7 - 31

Session 3: August 2 - 30

Session 4: September 1 - 22 (tentatively scheduled; dependent upon participation and water temp)

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

[Register On Line](#)

Click any thumbnail image to view a slideshow

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