



# **AQUACISE**

**TUESDAY & THURSDAYS | 6:30-7:30PM**

**SATURDAY | 8:30-9:30AM**

FREE TO MEMBERS / \$36 NON-MEMBERS  
(COST PER 6-WEEK SESSION FOR EACH WEEKDAY SESSIONS REGISTERED)

*IS BASIC WATER AEROBICS JUST NOT GIVING YOU THE WORKOUT YOU NEED? TRY AQUACISE AND GET THE WORKOUT THAT IS SURE TO WORK-YOU-OUT.*

**INSTRUCTOR: THERESA BAUER**