

# Spring Water Aerobics

At Hometown Heroes Pool

## **Traditional Water Aerobics**

Join us for an aerobic workout that will elevate that heart rate and keep you moving!

**Session 1:** March 30-April 22,

Every Monday and Wednesday, 5:30pm-6:30pm

**Session 2:** April 29-May 20,

Every Wednesday, 4:30pm-5:30pm

**Fee:** Daily Fitness Drop-In or Annual Membership

## **Adaptive Water Aerobics**

A water exercise class designed for those with special needs, this class will have more repetition and easier transitions to follow, all while still getting a great aerobic workout!

*Classes take place every Monday*

**Dates:** March 30-May 18

**Time:** 4:30-5:15pm

**Fee:** Daily Drop-In or Annual Membership

\*All participants must have a membership or pay a daily fee\*