

WATER AEROBICS

Hamilton Swimming Pool

This 6 week class uses the natural resistance and buoyancy of the water against your body to provide a wide variety of conditioning activity. Water exercises help increase your energy, stamina and strength...*and it's a healthy way to cool off in the summer!*

June 20 – July 29, 2016

Monday, Tuesday and Thursday each week.

12p– 12:45p **AND** 5p – 5:45p

Cost: \$2/class

Pool shoes are recommended. Water and Air temperature must be at least 75 degrees to have the class. For Adults Only.

For More Information Call the Hamilton Pool (816) 583-7550.