



**START DATE: 8/29/2022**

## **CAMDEN POOL: WATER AEROBICS**

We offer water aerobics classes instructed by energetic individuals. Go at your own pace or keep up with our music beats especially selected to motivate you to go faster, get your heart rate up, while we work on your flexibility, balance and strengthening your muscles.

| <b>MON / WED / FRI</b> | <b>MON / WED / THU</b> |
|------------------------|------------------------|
| <b>8 - 9 a.m.</b>      | <b>6 - 7 p.m.</b>      |

**TWO-WEEK CLASSES COST:**

|                               |                |
|-------------------------------|----------------|
| <b>Adult:</b>                 | <b>\$30.00</b> |
| <b>Youth/Senior/Disabled:</b> | <b>\$27.00</b> |



**Register at Camden Community Center front desk or online at [www.sjregistration.com](http://www.sjregistration.com)**