

Water Aerobics for Adults



Mondays and Wednesdays

6:15 PM - 7:15 PM

Begins July 3rd!

Ages 15 Years and Older



**Course Fee is \$51, or
\$41 with resident
discount card.**

Make a splash in our new water aerobics class! This low-impact exercise will give you both a cardio and toning workout! This class is especially ideal for those with arthritis and joint pain. A mixture of movements in the water will help us to be Aqua-Fit!

Located at the Town of Cheektowaga Dingens Pool