

**INTRODUCING SUMMER 2009 WATER AEROBICS FITNESS CLASSES!**

# Water Aerobics

**Saturday's—9:00 a.m. at the Cedar Village Indoor Pool**

**Water Aerobics is a complete water workout! Builds muscle, increases aerobic fitness, improves flexibility and helps control weight. All with ZERO impact on your joints! This is a great class for anyone suffering from joint problems, arthritis, or any other degenerative issues. No swimming skills are necessary to attend this class and it is open to people of all ages and abilities.**

**Water Aerobics classes will be held in TWO-six week sessions (6/6-7/11 & 7/18-8/8) at the Cedar Village indoor pool. Passes are \$50 per six week session. The class is limited to 10 participants. If the class is not full, day-of participation will be allowed for \$10 per session. Be sure to sign up early, these spaces will go fast!**



For more information or to register please call 828.387.3003 or send an email to [dscagnelli@townofbeechmountain.com](mailto:dscagnelli@townofbeechmountain.com)