



RESIDENT RUN



Men's Water Exercise Class



**MONDAYS & FRIDAYS
10:00—10:45 A.M.
AQUATICS CENTER**

- A water fitness class designed for men to improve balance, coordination, endurance, strength and body tone.
- Enjoy an exciting and upbeat style of challenging movements joint pain free.
- Tone upper body with weights and noodles.
- Tone and strengthen core with kickboards.
- Swimming skills are not required.