

aquila aerobics

At the Indoor Pool

Monday, Wednesday & Friday
Tuesday & Thursday
Saturday

9-10 a.m.
5-6 p.m.
10-11 a.m.

Add a new element to your workout! Did you know that you can choose shallow or deep water workouts? With float belts available, this program is good for all levels of swimmers. The water's natural resistance helps to improve balance while also strengthening and toning muscles. Aqua Aerobics is low impact and easy on your joints. Providing release of muscle tension and a natural massage.

Open to all eligible Drill Hall Patrons.

Cost:

1 Class	\$4.50	20 Class Pass	\$55
8 Class Pass	\$26	6 Month Pass	\$120

For more information, contact the Fitness Coordinator at 301-342-5449.