



## **ADULT WATER FITNESS CLASS**

@ SPRING LAKE- NORTH END POOL

Sponsored by Spring Lake Recreation

*Classes are **Thursdays and Sundays***

**Session One 6/15-7/9**

**Session Two 7/13-8/6**

**Session Three 8/10-9/3**

(minimum of 8 participants)

Classes are from 8:00 a.m. till 9:00 a.m.

\$40.00 per session (8 classes) for Spring Lake Residents

\$60.00 per session (8 classes) Non-Resident Fee

Water Fitness is a combination of safe, effective, fun-filled, rhythmic cardiovascular, strength, flexibility & balance training designed to help you look and feel great! Water shoes recommended. For all ages!

REGISTRATION IS AVAILABLE ONLINE ONLY!

To register go to: [www.springlakeboro.org/CommunityPass](http://www.springlakeboro.org/CommunityPass)

For additional information and registration go to [www.springlakeboro.org](http://www.springlakeboro.org) (recreation) or call (732)449-0800 ext. 602