



# ADULT WATER FITNESS CLASS

AT THE SPRING LAKE- NORTH END & SOUTH END POOLS

Sponsored by Spring Lake Recreation

**NORTH END: SUNDAYS, TUESDAYS, THURSDAYS**

Instructor Elaine

Early Class 8:00-8:45 a.m.

Late Class 8:45-9:30 a.m.

**SOUTH END: SUNDAYS, TUESDAYS, THURSDAYS**

Instructor Christine

Early Class 8:00-8:45 a.m.

Late Class 8:45-9:30 a.m.

**SOUTH END: MONDAYS, WEDNESDAYS, FRIDAYS**

Instructor Elaine

Early Class: 8:00 – 8:45 a.m.

Late Class: 8:45 – 9:30 a.m.

**Session 1: June 23rd – July 26<sup>th</sup> (5-weeks)**

Resident Registration Opens March 4th @ 8:00 a.m.,

Non-Resident Registration Opens March 6th @ 8:00 a.m.

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

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REGISTRATION IS ONLINE ONLY!

**Session 1:**

**Residents \$110.00 per session/Non-Residents \$130.00 per session**

For additional information and registration visit:

[www.springlakeboro.org/recreation](http://www.springlakeboro.org/recreation) or call (732) 449-0800 ext. 602