



# ADULT WATER FITNESS CLASS

AT THE SPRING LAKE- NORTH END POOL

Sponsored by Spring Lake Recreation

8:00 am to 9:00 am

*Tuesdays, Thursdays, & Sundays*

Session 1: June 10<sup>th</sup> through July 5<sup>th</sup>

Session 2: July 8<sup>th</sup> through August 2<sup>nd</sup>

Session 3: August 5<sup>th</sup> through August 30<sup>th</sup>

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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. For all ages!

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REGISTRATION IS AVAILABLE ONLINE ONLY!

\$60.00 per session (12 classes)- Spring Lake Residents

\$80.00 per session (12 classes)- Non-Resident Fee

For additional information and registration visit:

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