



ADULT WATER FITNESS CLASS

AT THE SPRING LAKE- NORTH END POOL

Sponsored by Spring Lake Recreation

8:00 am to 9:00 am

Sundays, Mondays, Tuesdays, & Thursdays

Session 1 (12 Classes) July 7th – July 25th

Session 2 (12 Classes) July 28th – August 15th

**Session 3 (8 classes) August 18th – August 29th

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!

REGISTRATION IS AVAILABLE ONLINE ONLY!

Session 1 & Session 2: Residents \$60.00 per session, Non-Residents \$80.00 per session

Session 3: Residents \$40.00, Non-Residents \$60.00

For additional information and registration visit:

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