



Presents

WATER EXERCISE CLASSES

Taught by Certified Instructor

Water Exercise

Mon Wed Fri
9am-10am

Tues Thur
5:30pm-6:30pm

Water Therapy

(Post-Op, arthritis, lupus, fibro, etc.)*

Mon Wed Fri
8am-9am

Tues Thur
6:30pm-7:30pm

*Pay as you go (\$6.50 per class) or buy a punch card and save.
12 classes for a \$60 punch card (\$5.00 per class)*

Personal Training

By appointment only

(30 minutes for \$25)

For more information please contact H2Oasis at the front desk or
call 522-4420.