



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)*

***BEST DEAL!!! ANNUAL MEMBERSHIP FOR
EXERCISE CLASSES AND RIVERWALK
ONLY \$299.00***

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

School year only (September- May)