

LEAGUE CITY PRESENTS

# WATER AEROBICS

March 29th- May 19th 2021



## Adaptive Water Aerobics

**This class is designed for individuals with disabilities. This aerobics class will focus on providing basic and repetitive movements, coupled with prepared transitions, all while getting a great aerobic workout.**

*Day/Time:* Monday/Wednesdays 4:00 PM

*Cost:* Included with annual membership or daily entry fee

*Registration:* Will open the week prior. Residents- Wednesdays @ 9 AM Non-Residents- Thursday @ 9 AM

*Age:* 12+

## Traditional Water Aerobics

**This class is a great way to mix up your workouts that provides a cardiovascular burn and resistance moves with low impact on joints.**

*Day/Time:* Monday/Wednesdays 5:00 PM

*Cost:* Included with annual membership or daily entry fee

*Registration:* Will open the week prior. Residents- Wednesdays @ 9 AM Non-Residents- Thursday @ 9 AM

*Age:* 14+

**For additional information contact Cassie Honey.  
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