



# Hip-Hop Water Aerobics

Hip-Hop water aerobics is a fast paced cardio work out in the water with low impact on your joints and muscles. Perfect for people of all ages who are able to touch 4ft shallow end of the pool.



## Dates:

February 6– March 27, 2019

## Time:

7:00pm-7:45pm

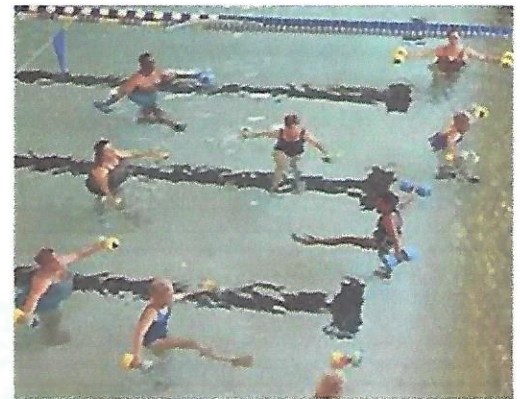
## Fee:

\$2.00 non member

\$1.00 Member

## Instructor:

Barbara Evans



## Contact:

Lauren Newlin, Aquatics Program Supervisor  
252-438-3160



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Henderson Vance

The mission of the Henderson-Vance Recreation & Parks Department is to provide safe facilities, quality services, programs that are affordable, open and friendly, to enrich the overall quality of life for all residents .