

Spring 2019 Water Aerobics



For swimmers and non-swimmers. Combines low and high impact exercises. Focuses on strength building, cardiovascular endurance, flexibility and having fun.

\$1.00 for members
\$2.00 for non members

April 1, 2019– June 28, 2019
(NO CLASS April 19 & May 27)

MONDAY-WEDNESDAY-FRIDAY
10:30 AM-11:15 AM
11:30 AM-12:15 PM

TUESDAY & THURSDAY
7:15 PM-8:00 PM

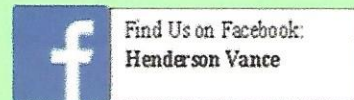
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<http://ci.henderson.nc.us/departments/recreation-and-parks/>



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.