

Hip-Hop Water Aerobics Fall 2019

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:

September 4– November 20, 2019

Time:

7:15pm-8:00pm

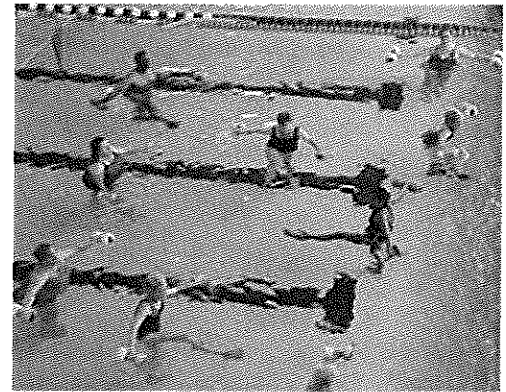
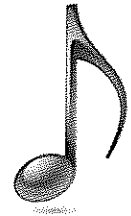
Fee:

\$2.00 Non-Member

\$1.00 Member

Instructor:

Barbara Evans



Contact:

Lauren Newlin, Aquatics Program Supervisor
252-438-3160



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 .