



# Aquatics

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## Aqua Classes are Back!

**Aqua Yoga**  
**Wednesday**  
**9:00am-10:00am**

A unique cardio workout class with a blend of Yoga and Pilates exercises in shallow and deep water.



**Hi-Lo H2O**  
**Monday**  
**9:00am-10:00am**

A Low impact but high intensity water aerobics class. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises will be in shallow and deep water.

