

# AQUA FIT WITH SUZY



**8:30AM and 9:30AM** (*May - September*)

**8AM and 9AM** (*October - April*)

***Monday - Wednesday - Friday***

Aqua Fit is a fun way to increase heart rate and tone muscles without impact to joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoys, noodles, paddles, elastic bands, and ½ logs are used to improve muscle and core strength.