



WATER AEROBICS

Dates: June 11th- August 1st

Join us for this great summer workout! You will receive stretching, toning, and some cardio while among friends. Your workout will be 50%-90% in the pool. Swimming skills are not required.

Daytime classes: Liberty Pool, Tuesdays and Thursdays, 11:30am-12:30pm. Will NOT meet July 4th.

Evening classes: Centennial Pool, Tuesdays and Thursdays, 6:15-7:15pm. Will NOT meet June 20th or July 4th.

Fee: \$5 per class (pay at pool with exact change only) OR Pre-paid punch pass, 10 visits for \$40 (purchase at pool or park office).



(660-826-4930 www.sedaliaparks.com 1500 W. 3rd St.