

ADULT AQUA-FIT EXERCISE

This is a non-swimming, low impact workout that improves cardiovascular fitness. Cards may be purchased at both the Richmond Community Center and the Richmond Community Pool.

New Days and Time

Tuesday & Thursday

June 22nd - August 26th

6:30 - 7:20pm

Wednesday & Friday

June 23rd - August 27th

9:00 - 9:50am

**Try the class for FREE on June 22nd at 6:30pm
OR June 23rd at 9:00am!**

*Punch card: \$48 for 12 pre-paid admissions.
Additional punches can be purchased for \$4/class.*

Limited Capacity of 20 people per class

Bring a water bottle as drinking fountains are not available

Signed waiver required for participation.