



**Limited Fall Water Aerobics Session
Clear Lake Forest Pool**

Monday & Wednesday evenings: 5:45 – 6:45 pm

Beginning Monday, August 27th through October ???

Classes will run from the last week of August, through September, and continuing into October as long as weather permits.

Fee: \$5.00 per class

Taught by certified instructor, Marla Garcia

Equipment: water noodle (larger one 4" is best)

Water barbells available through Amazon or Hydrofit.com

Optional: webbed neoprene gloves (also available online)

Our water aerobics is a great workout; easy on the joints, while getting an excellent full body workout. Come join the fun!!! ☺