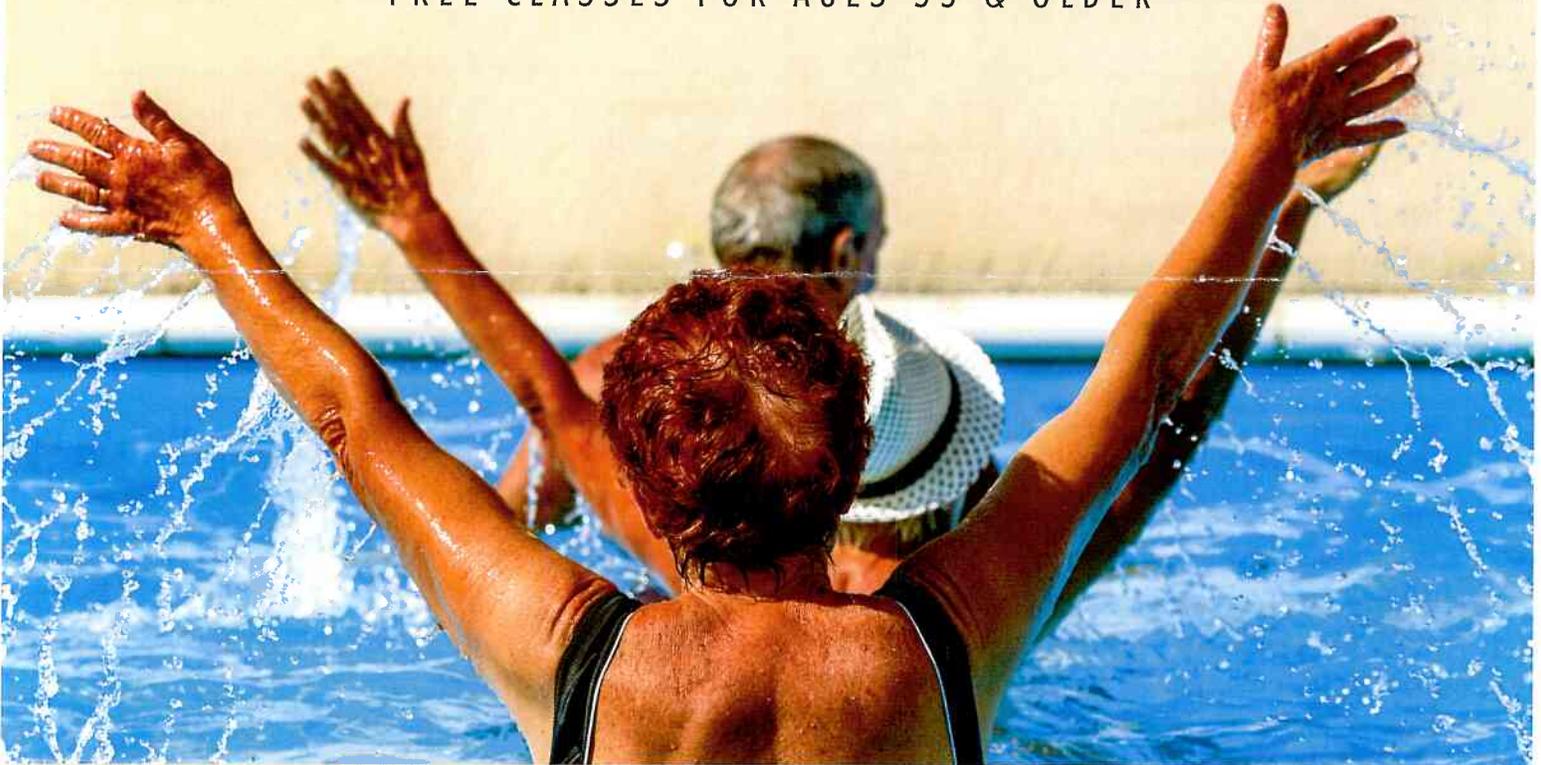


CAMDEN COUNTY BOARD OF FREEHOLDERS PRESENTS:

# AQUA AEROBICS

FREE CLASSES FOR AGES 55 & OLDER



The water fitness/aerobics program was developed with exercises performed primarily in a vertical position in shallow water. Water resistance creates an environment that improves cardiovascular conditioning; strength and endurance; and flexibility and balance. Classes begin with a warm-up then proceed into a series of alternating cardio and strength exercises. A cool down and stretching complete the class. This format brings freshness and fun to participants' aqua-training.

Class sizes are **LIMITED** to 20 individuals per session (session means **PER MONTH**) there will be **NO** exception to this rule. When signing up, **PLEASE** be committed to attend **ALL** classes within the session (meaning **PER MONTH**). You will **NOT** be permitted to deviate from month to month. Class sessions will run from 12 Noon to 1:00 PM and are as follows:

**SEPTEMBER:** 6th, 8th, 13th, 15th, 20th, 22nd, 27th and 29th

**OCTOBER:** 4th, 6th, 11th, 13th, 18th, 20th, 25th and 27th

**NOVEMBER:** 1st, 3rd, 8th, 10th, 15th, 17th, 22nd and 29th

**THE SALVATION ARMY RAY & JOAN KROC CENTER, 1865 HARRISON AVENUE, CAMDEN, NJ 08105. (856)-379-6900**

Again, class sizes are limited, **PLEASE** know which session you are interested in joining and RSVP today (you **MUST** sign up prior to attending the program) by contacting Tom Castellano @ (856) 858-2986 or by e-mail, [tcastellano@camdencounty.com](mailto:tcastellano@camdencounty.com). **PLEASE** be sure to fill out the **PROGRAM REGISTRATION FORM** on the **BACK** of this flyer and bring it with you the day of your **FIRST** session (you will **NOT** be permitted to participate without it).