

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** exceptions to this rule. When signing up, **PLEASE** be committed to attend **ALL** classes within the **MONTH**. Class sessions will run from 9:00AM to 10:00AM. Choose either Monday and Wednesday **OR** Tuesday and Thursday, for 12 weeks - **NO SWITCHING**.

**SEPTEMBER:** 17 • 18 • 19 • 20 • 24 • 25 • 26 • 27

**OCTOBER:** 1 • 2 • 3 • 4 • 8 • 9 • 10 • 11 • 15 • 16 • 17 • 18 • 22 • 23 • 24 • 25 • 29 • 30 • 31

**NOVEMBER:** 1 • 5 • 6 • 7 • 8 • 12 • 13 • 14 • 15 • 19 • 20 • 21 • 26 • 27 • 28 • 29

**DECEMBER:** 3 • 4 • 5 • 6 • 11

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.

Participants can register on the KROC Center website:

[www.camdenkroccenter.org](http://www.camdenkroccenter.org), or by calling (856) 379 6906.

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THE BOARD OF FREEHOLDERS

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