



AQUA ZUMBA @ AUBURN COMMUNITY POOL

Accompanied by fun, upbeat music, Aqua Zumba makes exercising seem like a pool party. In-water exercise provides benefits that land exercising doesn't: low impact on joints and bones, higher resistance for muscle toning, anti-inflammatory effect due to water pressure, and higher workout intensity due to the water's resistance.

2—THREE WEEK SESSIONS

JUNE 10 thru JUNE 26 & JULY 8 thru JULY 24

MONDAY & WEDNESDAYS

6:15 PM—7:00 PM

AUBURN COMMUNITY POOL

\$30.00— AUBURN CITY RESIDENT PER 3 WEEK SESSION

\$35.00—NON-RESIDENT PER 3 WEEK SESSION

DROP IN RATE \$6.00 PER CLASS

Register at the Auburn Parks & Recreation office, 1500 S. Cedar St,
Registrations forms are available online at www.ci.auburn.in.us, City of Auburn Facebook
For questions call 260-925-2997