



# WATER AEROBICS LOW-IMPACT FULL BODY WORKOUT

**FREE**

13 May-30 October  
Mondays, Wednesdays & Fridays  
@ the Base Pool

Noon-12:45pm  
No classes on holidays

Follow Hurlburt Field Aquatic Center's Facebook page for the most up-to-date announcements.

This program uses the buoyant qualities of water to enhance physical fitness through exercise. It is a low-impact class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome.

