

Summer Water Fitness @ Central Pool

Please use the following website address for online registration:

www.sheboyganrec.com

Fees per session, all classes are 55 minutes		
Residents: \$60	Senior: \$51	Non-resident: \$76
<p>Wake Up With Water M/W 7:00am</p> <p>Join Karen for this 55 minute morning work out which includes 15-20 minutes light aerobics, toning and stretching followed by water walking or swimming.</p> <p>Register here (Code 2434)</p> <p>June 16-August 13 *No classes June 30-July 3*</p>	<p>Water Power Aerobics M/W 8:30am</p> <p>Instructor leads a powerful and challenging workout while using strong voice motivation and music! A variety of equipment will be used to add resistance.</p> <p>Register here (Code 2435)</p> <p>June 16-August 13 *No classes June 30-July 3*</p>	<p>Water Break M/W 11:00am</p> <p>Recharge for the rest of the day with this water aerobic class which will strengthen, tone, and energize you.</p> <p>Register here (Code 2436)</p> <p>June 16-August 13 *No classes June 30-July 3*</p>
<p>Splash and Jam! M/W 6:00pm</p> <p>Enjoy this powerful water aerobics class with Denise as she gets your heart pumping using a variety of moves and equipment.</p> <p>Register here (Code 2437)</p> <p>June 16-August 13 *No classes June 30-July 3*</p>	<p>Summer with Sarge! T/TH 7:00am</p> <p>Challenging deep and shallow water work out! You Must be able to swim to attend this class!</p> <p>Register here (Code 2438)</p> <p>June 17-August 14 *No classes June 30-July 3*</p>	<p>Get Up and Go T/TH 8:30am</p> <p>Join us for this lower paced water aerobic class using equipment to strengthen your muscles and improved your balance.</p> <p>Register here (Code 2439)</p> <p>June 17-August 14 *No classes June 30-July 3*</p>

If you have any questions please contact Geri Rusch at 920-459-6739 or grusch@sasd.net



SHEBOYGAN AREA
— SCHOOL DISTRICT —
Community Recreation