



***JOIN US AS WE PARTNER WITH
SAN DIMAS RECREATION CENTER FOR AN
AQUA FITNESS CLASS.***



Enjoy a full body pool workout that is easy on your joints. The class will incorporate cardiovascular and strength training. All fitness levels are welcome.

Note: Aquatic Water Dumbbells & Swimming Noodles are recommended but not required.

CLASS SCHEDULE

DATE	TIME	LOCATION
Wednesday July 27, 2022	4:00PM-5:00PM	San Dimas Recreation Center 990 W Covina Blvd San Dimas, CA 91773

Please **RSVP** by calling **(626)732-4160** by July 20, 2022.

Attention: For the safety and health of others, face covering and social distancing is required when entering the facility
Thank you!