

## Arbuckle Parks and Recreation District

WWW.ARBUCKLEPARKSANDRECREATION.ORG

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# WATER FITNESS

## 2019

### Dates/Times

Starts June 11th

Tuesday & Thursday

7:30PM

PLEASE CHECK FITNESS  
CALENDAR ON WEBSITE

### Fees

\$5 per Class *or*

Fitness Cards available *for*

\$20 card (4 Classes),

\$40 card (8 Classes),

\$75 card (16 Classes).

### Location

Arbuckle Swimming Pool

Build endurance, increase flexibility and muscle strength while doing Yoga, Pilates, Weight Lifting, Kick-boxing and Aerobics in the comfort of the water.

