

Aquatic Fitness at Hawthorne Pool



Monday	Tuesday	Wednesday	Thursday	Friday
Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.
* Aqua-Motion/ Aqua-Zumba®-Chris 9:00-10:00 a.m.		* Aqua-Motion/ Aqua-Zumba®-Chris 9:00-10:00 a.m.		* Aqua-Motion/ Aqua-Zumba 9:00-10:00 a.m.
Aqua-Motion 5:30-6:30 p.m.	Aqua-Motion/ Aqua-Zumba®-Chris 6:30-7:30 p.m.	Aqua-Motion 5:30-6:30 p.m.	Aqua-Motion/ Aqua-Zumba®-Kris 6:30-7:30 p.m.	Aqua-Motion 5:30-6:30 p.m.

Summer Session III: July 30 – August 24, 2018

Morning Aqua-Motion & Aqua-Zumba will be at Lakeside Water Park until Aug. 31

ALL Classes will be at Lakeside Water Park August 27– 31.

Try It For FREE Session: August 27 — 31 at Lakeside Water Park. *All classes FREE!*

Fall Session I: September 4 — September 28, 2018 *(no classes on September 3rd)*

Cost: \$30 per session

- ◆ Ideal for all fitness levels
- ◆ Excellent cardiovascular and respiratory fitness
- ◆ Improves balance and flexibility
- ◆ Builds strength and endurance
- ◆ Great for muscle toning
- ◆ Enthusiastic instructors that care
- ◆ Heated pool
- ◆ Great socialization
- ◆ Fun, fitness, friendships
- ◆ Lifeguards on duty

To register:

Visit us at the Lakeside Recreation Facility (1033 South Lake Storey Rd., Galesburg IL), online at galesburg.maxgalaxy.net, or call us at 309.345.3683. cmoberg@ci.galesburg.il.us



**CITY OF
GALESBURG**
PARKS & RECREATION