

Boulder City Parks and Recreation Department Presents:

• ***Aqua Fit & Fun***
• ***Saturday Morning Mix***



Aqua Fit and Fun

Tuesday/Thursday 6:00–6:55pm

\$30 per month

Saturday Morning Mix

Saturday 9:00–9:55am

\$15 per month

Drop ins

\$5

Improve your health, mobility, and flexibility while enjoying aerobic workouts in the pool. Great music and variety of exercises. Raise your heart rate and have fun!

Due to the nature of these classes, please arrive on time for warm-up to prevent possible injuries.

- * **High Energy**
- * **Interactive Group Settings**
- * **Fun and Enjoyable**
- * **Certified Instructor**
- * **Ages 13+**

Improve:

- * **Flexibility & Strength**
- * **Balance & Coordination**
- * **Muscle tone**

- * **Stress Relief with minimal impact!**



Boulder City Pool & Racquetball Complex ~ 861 Avenue B ~ (702) 293-9286