

POOL

At The Maplewood Pool

WATER AEROBICS CLASS

TUESDAYS & THURSDAYS

11-11:45AM

July 28, 30, (SKIP August 4),
August 6, 11, 13, 18, 20, 25, 27



Instructor: Michele Flynn

Full body workout in water that offers constant movement, balance, mindful breathing and much more

\$40 for pool members

\$90 for MAPSO non-members • \$100 for non-residents

REGISTRATION REQUIRED:

MAPLEWOOD.RECDESK.COM/COMMUNITY/PROGRAM



DEPARTMENT OF
COMMUNITY SERVICES
all for fun & fun for all!