



## **WATER AEROBICS**

*Low impact, high energy workouts that include Tabata, cardio, toning and more.*

<b>Monday-Thursday</b>	11:30am - 12:30pm
<b>Monday, Tuesday, Thursday</b>	6:15pm - 7:15pm
<b>Saturday</b>	9:00am - 10:00am

## **WATER AEROBIC FEES**

<b>Aquatic Center Members</b>	\$4 per class
<b>Non-members</b>	\$5 per class

***Pre-registration required at [recreation.northcharleston.org](http://recreation.northcharleston.org)***