



# Aqua Fitness at The LRD!

**Tuesdays, Thursdays, Fridays**

**10:00-11:00am**

LRD Members \$22 per class

Non-Members \$28 per class

Splash and kick your way to better health  
with Carole from Stanford Aquatics.

Come out and have fun while strengthening your core,  
improving your posture, gaining strength and endurance,  
bettering your balance, toning muscles and burning fat!

**See you there!**