



WATER AEROBICS

at the CERC

Saturdays

8:00 am to 8:50 am

- Great for all fitness levels.
- No swimming skills needed.
- A fun way to workout.
- Improve your cardiovascular system.
- Build and strengthen muscles.
- Helps improve posture.
- Opportunity to make new friends!

Space is limited. Register today!



Saturdays

April 27

May 4, 11, 18

June 1, 8

8:00 am to 8:50 am

\$25.00 per session
or

\$5.00 per class

Instructor

Kim Domke
(269) 908-0024

Call or visit the
CERC to register

CERC

520 W South Street
Hastings, MI 49058

(269) 948-4414

www.hasscerc.weebly.com