

CAMDEN COUNTY BOARD OF FREEHOLDERS PRESENTS:

AQUA AEROBICS

FREE CLASSES FOR AGES 55 & OLDER



The water fitness/aerobics program was developed with exercises performed primarily in a vertical position in shallow water. Water resistance creates an environment that improves cardiovascular conditioning; strength and endurance; and flexibility and balance. Classes begin with a warm-up then proceed into a series of alternating cardio and strength exercises. A cool down and stretching complete the class. This format brings freshness and fun to participants' aqua-training.

Class sizes are **LIMITED** to 20 individuals per session (session means **PER MONTH**) there will be **NO** exception to this rule. When signing up, **PLEASE** be committed to attend **ALL** classes within the session (meaning **PER MONTH**). You will **NOT** be permitted to deviate from month to month. Class sessions will run from 11:00AM to 12:00PM and are as follows:

MARCH: 5 • 6 • 7 • 8 • 12 • 13 • 14 • 15 • 19 • 20 • 21 • 22 • 26 • 27 • 28 • 29
APRIL: 2 • 3 • 4 • 5 • 9 • 10 • 11 • 12 • 16 • 17 • 18 • 19 • 23 • 24 • 25 • 26 • 30
MAY: 1 • 2 • 3 • 7 • 8 • 9 • 10 • 14 • 15 • 16 • 17 • 21 • 22 • 23 • 24

THE SALVATION ARMY RAY & JOAN KROC CENTER, 1865 HARRISON AVENUE, CAMDEN, NJ 08105. (856)-379-6900

Again, class sizes are limited, **PLEASE** know which session you are interested in joining and RSVP today (you **MUST** sign up prior to attending the program) by contacting Tom Castellano @ (856) 858-2986 or by e-mail, tcastellano@camdencounty.com. **PLEASE** be sure to fill out the *PROGRAM REGISTRATION FORM* on the **BACK** of this flyer and bring it with you the day of your **FIRST** session (you will **NOT** be permitted to participate without it).

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

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Making It Better, Together.

x	x
The Salvation Army Witness	Date