

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 there will be NO exceptions to this rule. When signing up, PLEASE be committed to attend ALL classes within the quarter. Class sessions will run from 10:00AM to 11:00AM. Choose either Monday and Wednesday OR Tuesday and Thursday, for 12 weeks; YOU MAY NOT DEVIATE FROM ONE SESSION TO THE OTHER, there will be NO EXCEPTIONS.

## Monday & Wednesday Sessions Starting:

**Sept.** 9, 11, 16, 18, 23, 25, 30

**Oct.** 2, 7, 9, 16, 21, 23, 28, 30

**Nov.** 4, 6, 11, 13, 18, 20, 25, 27

## Tuesday & Thursday Sessions Starting:

**Sept.** 10, 12, 17, 19, 24, 26

**Oct.** 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

**Nov.** 5, 7, 12, 14, 19, 21, 26

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

Again, class sizes are limited, PLEASE know which quarter you are interested in joining and RSVP today. Participants can register on the KROC Center website: [www.camdenkroccenter.org](http://www.camdenkroccenter.org), or by calling (856) 379 6906. 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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CamdenCounty.com

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Making It Better, Together.

x	x
The Salvation Army Witness	Date