

WATER AEROBICS
June 1 – September 3
(No class will be held on July 4th)

What is Water Aerobics?

This summer put a splash in your workout! Classes are 45 minutes giving you a refreshing alternative to land aerobics, with minimal impact. Our classes offer both cardiovascular and muscle gains by using the natural resistance of water. Water Aerobics is easier on the joints and back and great for beginner and advanced exercisers. Stay cool while getting an awesome workout!

Water Class participants will only be allowed in the pool during class time unless a pool pass is purchased.

Rain Out Policy

Classes will be cancelled in the event of inclement weather at the LMRA pool. A decision will be made 30 minutes prior to class beginning. Please call the Sports and Fitness Center if in doubt. (817) 763-0163

What do I need to bring?

- Your Water Aerobics Card, Fitness Membership Card, or Guest Receipt
- Towel
- Bottled Water
- Water Shoes (Optional)
- No cut-off shorts or street clothes allowed
- Lined Swim Suits only
- No glass containers permitted

Class Schedule

Monday, Wednesday, Friday & Saturday: 9:00-9:45 am
Tuesday and Thursday: 7:45-8:30 pm

How much does it cost?

- Fitness Center Members: NO CHARGE
- LMRA Member Non-Fitness Center Member: \$60
- Guests pay an additional \$40 annual fee for all Group Fitness Classes, total for guests: \$100.00
- Fitness Guest Fee: \$5 (Includes Water Aerobics Class & use of the Fitness Center for that day only).
- Guest must be accompanied by the sponsor.

Participants MUST be ready to show their Fitness Member Card, Water Aerobics Pass or Receipt for Guest Fee before EACH class day. You will not be let into class without valid i.d.

For More Information Contact:

Robin Williamson, L.M.R.A. Group Fitness Coordinator, (817) 763-0162 x121, robin@lmra.org

So what are you waiting for?

Stop by the Sports & Fitness Center today to purchase your Water Aerobics Card!