

FALL 2010
WATER EXERCISE/WATER AEROBICS/WATER FITNESS CLASSES

WATER EXERCISE

August 23 – May 27, 7:45 – 8:30 am.

NOTE: During Water Exercise/Water Aerobics/Water Fitness classes, children are not allowed in any other areas of the pool. Older children may participate in class or observe from the deck.

WATER EX PARTICIPANT BIRTHDAYS

September

2 - Cheryl Ruplinger
4 - Phyllis Kufahl
5 - Susan Robers
23 - Warren Doede

October

17 - Shirley Uekert

November

21 - Lee Hanks

December

8 - Rosemary Bauer

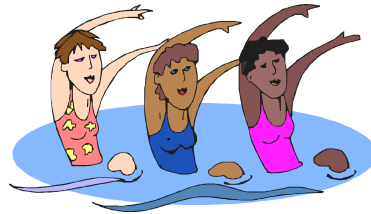
WATER AEROBICS / WATER FITNESS

Water Fitness

Saturday mornings

Sundays

*September 11 – December 18
8-9 a.m.*



Evening Water Aerobics

Tuesdays, Thursdays, &

*September 7 – December 30
6:30-7:15 p.m.*



HEALTH & FITNESS DAYS

*The purpose of these days is to promote the importance of health awareness
and regular physical activity for all ages.*

**To stress the importance of exercise, M.A.S.A. will offer free water
aerobics/exercise classes on:**

Aerobics

Tuesday, September 7, from 6:30-7:15 p.m.

Thursday, September 9, from 6:30-7:15 p.m.

Saturday, September 11, 8-9 a.m.

Sunday, September 12, 6:30-7:15 p.m.



Free Exercise Classes

Tuesday – Friday, September 7 – 10 7:45-8:30 am.



M.A.S.A.
715-443-3772