



LIONS HEAD SOUTH
JUNE-AUGUST 2022



OUTDOOR AQUACISE
W/JACKIE

Come enjoy the Benefits of Water Exercise

Promotes muscular relaxation, Reduces pain sensitivity, Increases muscular strength and endurance, Increases ease of joint movement, Improves body awareness & balance

Table with 5 columns: Day, Time, Sessions, Dates, and Cost. Includes rows for Tuesday and Thursday Aquacise classes.

Please Make Checks Payable to "Clark Fitness"

YOU CAN NOW REGISTER 2 WAYS:

- 1) Bring check to instructor. 2) Register on-line at www.clarkfitness.com.

20 PERSON MAX PER CLASS.

ALL POOL RULES MUST BE FOLLOWED

YOU MUST RSVP OR TEXT 908-770-8653 BY 6/17 TO ATTEND

"For Class Cancellations Due to Inclement Weather go to www.Clarkfitness.com home page!"

If you like to receive important updates from Clark Fitness, give mobile # to instructor