

**BEGINS MAY 24!**

# **WATER AEROBICS WITH GAIL TRAHAN!**

**Mondays & Thursdays @ 7:30 AM**

**Tuesdays @ 5:30 PM**

**East Rec Pool**

**\$3.00 per class**

**Water Shoes Recommended**

**Bring a Water Noodle or**

**Water Dumbbells**

**Burn calories, build flexibility  
& strength in this one-hour  
class while having fun!**

**Call 228 255-1900 ext. 171 if  
you have any questions**