

HAYS AQUATIC PARK GROUP CLASSES

Classes begin June 4th and end August 10th

\$2 Drop-in Fee or purchase a punch card for \$20

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:15AM	Lazy River Fitness	Lazy River Fitness	Lazy River Fitness	Lazy River Fitness	Lazy River Fitness
5:30PM		Water Works	Water Works	Water Works	

Lazy River Fitness (45mins)

This is a popular, dynamic, fast paced workout that combines a variety of exercises, including strength, toning, flexibility, and aerobic conditioning, all while working against the current. Must be 16 to participate.

Water Works (45mins)

Get fit and trim this summer with Water Works (water aerobics) classes offered at the Hays Aquatic Park. Water is a perfect low-impact medium to explore and improve all areas of fitness. Join us to experience a refreshing increase in your fitness and wellness.