

**Wear Water -Walking Shoes**

# **WATER WALKING**

**WATER WALKING IS WALKING IN  
WAIST DEEP TO CHEST DEEP WATER**

- \* FITNESS---Getting or keeping in shape-Weight Loss
- \* STRESS RELEASE--Relax and forget the pressures
- \* SOCIAL--Meeting and being with people
- \* THERAPEUTIC--Combatting the aging process
- \* IT'S FUN!

**New Class  
Water Walking  
starting : June 11**

**Time: 5:00 PM to 5:25 PM**

**Hydrocise Plus Class follows at 5:30  
You may stay or exit at any time!**

*Instructor: Jolene Cummings USWFA  
Master Water Fitness Instructor*