

# Big Bear Valley Recreation & Park District

## Water Aerobics

An impact free, refreshing workout class 3 times a week



Water aerobics use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity.

No swimming is required in water aerobics, and flotation devices are used frequently.

Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

Before starting an aerobics routine or class, check with your health care professional.

**Instructor:** Andrea Walker—25 years experience

**Fee:** \$75 per month June through August  
\$10 drop in if space is available

**Ages:** 16 and up

**Time:** 4:00 to 5:00 pm

**Days:** Monday, Wednesday and Thursday

**Where:** The Ranch Pool, 2052 Erwin Ranch Road, Big Bear City

Register online at [www.bigbearparks.com](http://www.bigbearparks.com)

Or at the Park District Office—41220 Park Ave., Big Bear Lake, CA

Questions: 909-866-9700

Class size is limited. REGISTER EARLY!