

Jerome Recreation District

Water Aerobics Summer 2022

This class is a full body workout. No two days are exactly the same!

The focus is overall toning and increasing your endurance.

Join Paula for a great workout and enjoy the fun and the sun! NO swimming required!

Water shoes are highly recommended. All levels of fitness are welcome in class.



Classes are held Monday - Thursday 5:30 PM - 6:15 PM



Session 1 - June 6- June 30

\$35 in district or \$45 out of district

Session 2 - July 5 - July 25

\$35 in district or \$45 out of district

Session 3 - August 1- August 11

\$18 in district or \$28 out of district

You may also use a fitness class punch card - one punch per class per person 🙌

