

# AQUA-CISE

Designed for individuals of ALL fitness levels, from novice, new to exercise to the exercise veterans who want to add fun and variety to spice up and existing fitness program. Aqua-Cise has something for everybody. We are fortunate to have Michelle returning this year to run our Aqua-Cise program.

## Aqua-Cise Information

**Who:** 13+

**Location:** Rusch Park Pool

**Cost:** \$55

**Session 1:** Tue/Thurs July 26 - August 25  
[6702.201](tel:6702.201) 6:30 - 7:30pm



For more information contact Becky at [bherz@sunriseparks.com](mailto:bherz@sunriseparks.com) or 725-0185

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