

Somerset Recreation Club

Water Aerobics

With Jacquie and Chelsea!



Come join two experienced instructors at water aerobics this summer at the Somerset Rec Club! Water aerobics is great for people of all ages and has many benefits. It not only increases flexibility and builds muscles, but also enhances muscular endurance and improves cardiovascular fitness; all without putting stress on joints!

Rates:

\$5.00 per class or \$25.00 for six classes

***Please make checks payable to Jacquie Quarre

***Don't forget, water aerobics is open to both members
and non-members!***

**This summer save money while having fun with your friends:
Recommend three friends and receive a free class!**

If you have any questions, please email us at: jacqobee@yahoo.com or renkercc@cc.wvu.edu

We are so excited to be teaching this class again and cannot wait
to see everyone this summer!

**Please keep checking back at the front desk and your SRC Newsletter
emails for more information on class times this summer!**