



City of El Monte

Parks, Recreation & Community Services Department



# Water Fitness & Exercise

This program offers a total body workout consisting of cardio and strength training while minimizing impact on your joints and muscles.



**Formats include:**

**Aqua Fat Burner**

**Aqua Kickboxing**

**Aqua Zumba**

**And Many More**

All formats are modified for all fitness levels. Water equipment is provided.

**Registration accepted at the Aquatic Center.**

**1 visit: \$5 / 10 visits: \$45 / 15 visits: \$60 / 25 visits: \$100**

**Swim wear required. \*Height Requirement**

**El Monte Aquatic Center | 11001 Mildred St., El Monte, CA**

**AGES**

14+

14+

**DAYS**

Monday/Wednesday

Friday

**TIME**

7:15 PM - 8:15 PM

6:00 PM - 7:00 PM

**DATES**

Ongoing

Ongoing

NO CLASS: 10/31, 11/11, 11/25, and 12/26-1/6

For more information, please call the

**Aquatic Center at (626) 580-2213**

**f #HealthyElMonte**