



City of El Monte

Parks, Recreation & Community Services Department



TURKEY WORKOUT



A medley of aerobic workouts will be presented on Thanksgiving Day.
Participate in BOTH sessions for the price of one and work off that extra serving of stuffing.



First session will focus on Floor Aerobics and the second session will focus on Water Aerobics.

Registration accepted at the Aquatic Center.

\$5 for both sessions

First Session - Floor Aerobics | Second Session - Water Aerobics

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

AGES

14+

DATE

Thursday, November 24th

TIME

Floor Aerobics - 6:00 AM - 7:00 AM
Water Aerobics - 7:00 AM - 8:00 AM



For more information, please call the

Aquatic Center at (626) 580-2213

f #HealthyElMonte