

WATER AEROBICS

Eileen Plagge (608-669-3298) and
Gayle Marquardt (608-843-5363) will be teaching a
water aerobics class here at Mariner's Cove.

Class will meet:

DAY: Wednesdays

DATES: June 3, 10, 17, 24

July 1, 8, 15, 22, 29

August 5, 12, 19, 26

TIME: 1:00 PM

LOCATION: Outdoor Pool – weather permitting

Focus will include cardio, upper body, abs, and balance.

Bring a water bottle.

All are welcome.

