

GET INTO SHAPE WITH WATER EXERCISE THIS SUMMER!!



Get into shape this summer with a morning water exercise class! Working in collaboration with the Longfellow Sports Club, 203 Oak Street in Natick, Sherborn seniors can attend one of two water exercise options this summer in its salt water outdoor pool—without paying a membership fee!

Water exercise classes

◆ ***Aqua Cardio, Tone and Stretch:***
Wednesdays, 7:55-8:55 a.m.
June 24- August 26, 2015

◆ ***Gentle Joints Plus Core:***
Fridays, 7:55-8:55 a.m.
June 26- August 28, 2015

Cost: \$10/class. Call the COA office for more information or to register.