

Wayne Township Parks and Recreation

Aquacise

Water Exercise Class with Maryanne Salerno-Fitzgerald

Mondays, July 8 – August 12, 2024 (six weeks)

10:30 a.m. – 11:15 a.m.

James Roe Memorial Pool

Wayne Residents Only, Ages 16+

\$50.00 Fee for Non-Members

\$10.00 Fee for Pool/Lake Members

This water exercise class is an aerobic workout that provides cardiovascular endurance and strength training using the water's resistance. Moving through the water in different directions challenges the body on different levels as water is 12% denser than air. The pool provides a safe and effective place to move continuously and improve one's overall body conditioning.

The class format includes core training, cardio segments, and flexibility. This class is recommended for mature adults who are looking to participate in intensity levels based on the class format.

Register online at www.waynetownship.com/parks or in person at Parks and Recreation at Town Hall, 475 Valley Rd. Any questions call 973-694-1800 x 3260 or email recreation@waynetownship.com.