

Islamorada, Village of Islands
Founders Park

AquaFIT

A Water Aerobics Plus Program

Monday, Wednesday, Friday
9am-10am



\$6.00 per class
or
\$60.00 for a 12 pack

Class Includes:

- 💧 Cardio
- 💧 Strength Training
- 💧 Stretching
- 💧 Balance
- 💧 Equilibrium
- 💧 Muscular Endurance

What to Bring: Water Friendly Shoes, Bottled Water
& Water Proof Sunblock. Hats are welcome!

This program is open to the public. In accordance with the Americans with Disabilities Act of 1990, all persons who are disabled and who need special accommodations to participate in this program because of that disability should contact the ADA Coordinator at ADA@islamorada.fl.us or 305-664-6448 at least 48 hours before the scheduled event.

305-853-1685

http://islamorada.fl.us/Founders_Park.asp