



## ***Plymouth Park Department Presents:*** **Aquaboogie!**

Plymouth Public Pool  
in Centennial Park

Instructor: Jane  
Fuentes

June 10—July 24

**FREE to the  
public**

Mondays &  
Wednesdays  
8:00PM—8:45PM

Ages 13 & Up

Burn calories and get a great cardio workout while staying cool in the pool! This class is perfect for all ages (minimum age limit is 13 years-old) and all fitness levels. Can't swim? No problem. Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

Noodles are used to increase water resistance for optimum calorie burn and toning.

**For more information, contact  
Recreation Director, Allie Shook at  
574-936-7255, 574-936-2876 or  
parkrec@plymouthin.com.**

