

# AQUA FIT WITH SUZY



**8:30AM and 9:30AM**  
**Monday - Wednesday - Friday**

Aqua Fit is a fun way to increase heart rate and tone muscles without impact to joints. It promotes strength & endurance utilizing buoyancy and water resistance. Buoys, noodles, paddles, elastic bands, and ½ logs are used to improve muscle and core strength.

  
THE CLUB AT  
PRESCOTT LAKES