

Dorchester Community Pool AQUA FIT PROGRAM

AQUA **FiT**



Why Aqua Fit? Using the buoyancy of water, Aqua Fit helps you strengthen your muscles and improve your cardiovascular fitness without subjecting your body to additional wear and tear. If you are recovering from an injury Aqua Fit doesn't put added stress on your joints. And if you are new, don't worry! Your instructor will offer plenty of modifications to increase or decrease the difficulty of the moves.

Aqua Fit is a lot of fun, gets you outside and keeps you active during the summer months all while keeping cool in the water!

Starting July 1st, 2019:

Monday - Friday
from 12:00 noon - 12:45 p.m.

The cost is based on either a "pay-as-you-go" method for **\$4/day** or you can purchase a **10-class punch card for \$32.00**

