Deep Water Aerobics is a Fitness class that focuses on non-weight bearing exercise in which Rotation cuffs are used to aid in the fast-paced workout. This is ideal for people of all skill levels and ages.

M/W/F 12:00 - 1:00pm, M/Th 6:30 - 7:30pm
Sat 8:00 - 9:00am
Location: Pool
Instructor: Dave

$60 - Monthly (Faculty & Students)
$50 - Community Members
$10 - Per Individual Class