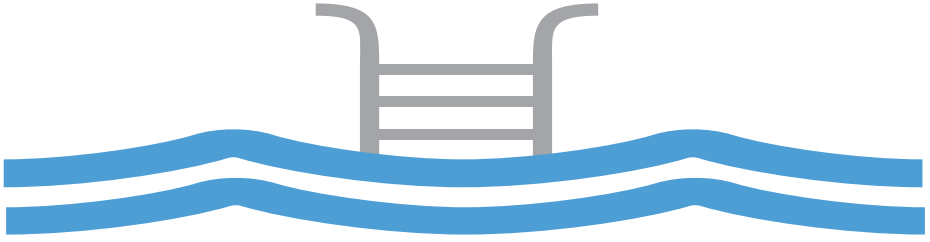


Announcing



Fox  Glen

Water Aerobics

Friday mornings • 10–10:45 am

Led by Fox Glen resident Sandie Rhodes

Enjoy the healing benefits of water exercise while getting a fun cardio and core-building workout. Work at your own level! If you've got past injuries, arthritis, hip/knee replacements, or any other ailment that slows you down, the water can be your friend! Music is upbeat and will vary week to week.

Feel free to sing along. Come check it out.

**Text or call Sandie at 828.280.8270
or visit FoxGlen.org to register**

New to Aqua Aerobics? Come at 9:45 for a review of exercises, form and equipment.

Workout runs from 10–10:45 with warmup, cardio, upper and lower body strength building and stretch.

Note: This is an adult only exercise time at the pool.

NOTE: All Fox Glen members participating in this class agree to do so at their own risk. Members will be asked to sign a one-time release form at the start of class. Open to residents of Fox Glen community and their guests only as per regular pool rules.

