

Water Fitness Fun



Starting November 2nd, come join fellow Baytree residents in the heated community pool.

Monday, Wednesday and Friday at 1pm

Monday and Wednesday at 5:30p

\$5 per 1 hour class

Water fitness is a versatile form of exercise for all ages and abilities.

It allows a person to work every muscle in the water so less stress on your joints and muscles as the water supports your weight.

A wide selection of music from the 1950's through today keeps the class entertaining while the certified instructor's boisterous spirit keeps everyone energized as she leads the class through a whole body weight resistance and cardio routine.

If you need more information or interested in water and/or land fitness private instruction please call 321-591-4578

**Certified
Water Fitness
Instructor**

**Shallow, Deep,
Arthritis, Rehab
& Athlete Water
Instruction**

**Music and
Sound System
Provided**

**Equipment
for up to 120
Participants**

**CPR/AED/First
Aid Certified**



Tiffany

**Facebook:
Tiffany GroupEx**