

**A Great Way to  
Kick-off Your Weekend!**



## **Saturday Morning Water Fitness at North Shores**

**Join your neighbors at the North Shores Pool for a fun & invigorating water fitness class.**

**Time: 9:30 AM Saturdays June 21 – Aug. 30 Free: No excuses.**

**Instructor: Helen Hoart—AEA Certified Water Fitness Trainer**

**Kick off your weekend with a fun water fitness workout. Every Saturday morning starting June 21st, join your neighbors at the North Shores pool for 45 minutes of cardio, strength and stretching.**

**Helen Hoart, a North Shores resident and certified aqua fitness trainer, will get your heart pumping, feet moving and a smile on your face.**

**It is a terrific way to get your weekend off to a great start.**