



# **WATER AEROBICS**

## **LAKE VALLEY GOLF & COUNTRY CLUB**

**STARTING TUESDAY JUNE 11<sup>TH</sup> THRU LABOR DAY**

Our Water Aerobics classes are held every Tuesday and Thursday. We have two sessions available: 9:30 am – 10:30 am and 4:30 pm – 5:30 pm.

For more information, contact Karen Osborn at (573) 286-4599.

**Exercise without tension**

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**Go at your own pace**

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**Loosen up before or after your round of golf**

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**Open to Public**

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**\$5/Class**

**\$4/Class  
(Lake Valley Members)**



**LAKE VALLEY**  
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