



TIMBER  CREEK

Water Aerobics

with Bridgett

Tuesdays & Fridays

10:00am-11:00am | \$10

Registration Information:

Breathe. Move.
Unwind.

Register now to
secure your spot!
Limited registrations
available!



Make a splash in your fitness routine with water aerobics! These energizing, low-impact classes are perfect for all fitness levels—great for building strength, improving flexibility, and boosting heart health without stressing your joints. Each session features a mix of cardio, resistance exercises, and stretching, all set to motivating music. Dive in and feel refreshed, strong, and revitalized!

CLASS PASSES AVAILABLE
10% OFF 5 CLASS PASS & 20% OFF 10 CLASS PASS

CONNECT WITH US



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