



# Water Aerobics



**Members: \$10**  
**Non-Members: \$50**

Join us at **Fargo South High School** for Water Aerobics this winter. Get active, meet new people, & have fun!!!

## Traditional Water Aerobics

**Saturday • 5:00pm-5:45pm**  
**Instructor: Naomi Walters**

This class will offer participants a mix of traditional water aerobics and circuit training. Participants can expect a moderate to high intensity workout that includes cardio as well as strength training and toning. Music will keep people of all ages and fitness levels moving during this 45 minute class.

## AQUA ZUMBA

**Sunday • 1:00pm-1:45pm**  
**Instructor: Carol Bjerke**

Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of invigorating workout. Integrating Zumba with traditional aqua fitness, this class blends it all together into a challenging, water-based workout.



# December 10<sup>th</sup> - March 26<sup>th</sup>



**LOCATION:**  
Fargo South High School  
1840 15<sup>th</sup> Ave. S  
Fargo, ND 58103

**Questions or Registration:**  
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