



HARRISONVILLE
Parks & Recreation



AQUACISE

TUESDAY & THURSDAYS | 6:30-7:30PM

SATURDAY | 8:30-9:30AM

FREE TO MEMBERS / \$6 DAY PASS NON-MEMBERS

*IS BASIC WATER AEROBICS JUST NOT GIVING YOU
THE WORKOUT YOU NEED? TRY AQUACISE AND GET
THE WORKOUT THAT IS SURE TO WORK-YOU-OUT.*

INSTRUCTOR: THERESA BAUER

816.380.8980 | www.HarrisonvilleParks.com