



HARRISONVILLE
Parks & Recreation



BASIC WATER AEROBICS

TUESDAY & THURSDAYS | 8:30-9:30AM

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

*GREAT FLEXIBILITY & STRENGTH TRAINING WORKOUT
FOR THOSE WANTING TO MAINTAIN MOTION,
STRENGTH & FLEXIBILITY.*

INSTRUCTOR: HEATHER CARUTHERS

816.380.8980 | www.HarrisonvilleParks.com