



JOIN
US

FOR
WATER AEROBICS

Water aerobics has been shown to improve cardiovascular fitness and strength, increase flexibility, and relieve joint pain and pressure. See for yourself after attending one of our classes!

Monday - Friday

8:00 – 9:00 AM

9:00 – 10:00 AM

WEST FRANKFORT
AQUATIC & ACTIVITIES CENTER

1100 E CLEVELAND WEST FRANKFORT, IL 62896 (618)-937-1665