



AQUA FITNESS

Looking for a fun and low-impact way to stay fit and healthy? Aqua Fitness incorporates cardio & strength training.

Our experienced instructors are dedicated to helping you achieve your fitness goals.



www.mofit.fit



216-978-1602



Mofit635@gmail.com

First Class Free!

Tuesday & Thursday
9:10-10:00am
7:15-8:00pm

\$12 drop-in
\$60/month unlimited
classes for the month
includes all MoFit classes.
You do not have to be a
member
of the rec center!

