

# New 4 Week Trial Class

# AquaBarre

Thursdays at 1:00 pm  
in the Warm Water Pool.

January 4th, 11th, 18th, & 25th



Strengthen your arms, legs and especially your core through ballet-inspired movements and gentle resistance. Experience isometric movements that will tone your muscles. In addition, these long lever movements will lengthen and improve your range of motion. All levels welcome! No prior ballet experience required. It's liquid sculpting at the pool barre!

For more information,  
Contact the Aquatics  
Department @ 624-3421

**THE** *Lifestyle* Center  
A Division of Kaweah Delta Health Care District  
[www.thelifestylecenter.org](http://www.thelifestylecenter.org)