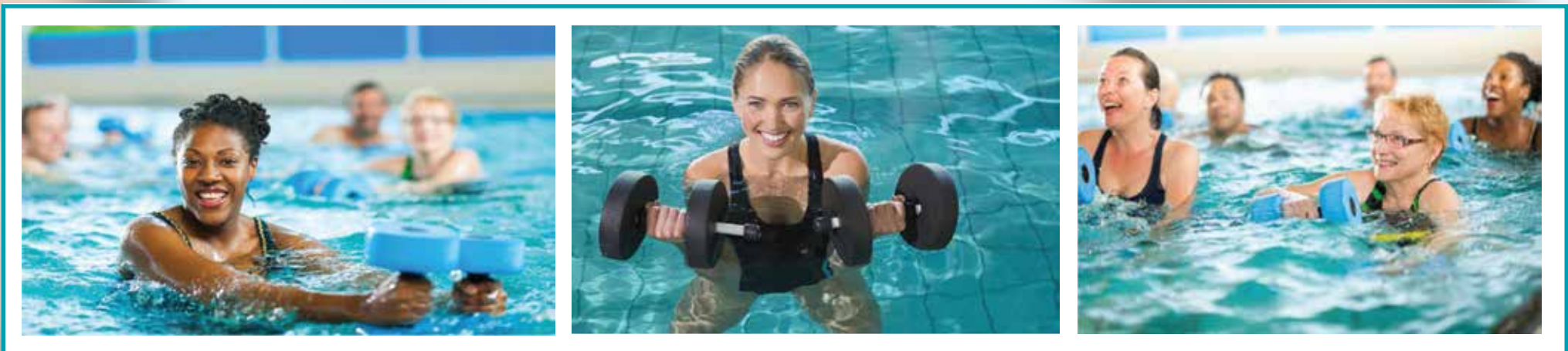


New Class in the Warm Water Pool!
Beginning January 4, 2018

HIGH INTENSITY CIRCUIT

Thursdays @ 5:30 pm



Our newest, high intensity interval class will help you burn calories and increase your cardiovascular endurance in a fun energetic environment. Come prepared to sweat in the warm water pool and have a lot of fun in the process!

**No registration required.
For more information call
the Aquatics Department:
(559) 624-3421**

THE
Lifestyle
Center
A Division of Kaweah Delta Health Care District
www.thelifestylecenter.org