

Water Aerobics

At Tri-Town Beach



Dive into 2024 with a refreshing approach to fitness through beginner water aerobics!

Join us for invigorating sessions starting on May 28th, 2024, led by our instructor, Sydney Abild. Whether you're looking to improve your health, gain muscle with low impact, or simply enjoy the water, our classes offer something for everyone.

Classes will be held every Tuesday and Thursday from 9:00-9:45 am, offering fourteen sessions. Experience the joy of exercising in the water and reap the rewards of improved strength, flexibility, and endurance. Join our water aerobics classes and make a splash towards a healthier, happier you.

For inquiries or additional information, don't hesitate to stop by the lake and talk to Sydney Abild, our instructor. Get ready to dive in and discover the transformative power of aqua fitness. We look forward to seeing you at the Lake!

No Advance Sign-ups: Simply drop by our location on the beach and register for the session of your choice

Mindful Meditation Cost Per Session:

Season Pass Holder \$2.00

Non Season Pass Holder \$5.00

