



**NEW
CLASS!**



Rappahannock
Westminister-Canterbury

**DIVE INTO WELLNESS
WITH AQUA FIT!**

JOIN OUR AQUA FIT PROGRAM!

Designed for all fitness levels, Aqua Fit is a fun, low-impact workout in our heated indoor pool. Using equipment like dumbbells, noodles, and even frisbees, you'll enjoy a full-body workout that improves strength, flexibility, and balance.

Led by Donna Sears, a passionate and experienced pool instructor, Aqua Fit is perfect for anyone looking to stay active and energized.

DETAILS

Meets every Wednesday & Friday at 10:00 AM

Don't miss this chance to splash in your wellness routine!

Call 804-438-4000 or email maugst@rw-c.org to learn more or reserve your spot today!