

# Water Fitness Fun



**Starting November 2nd, come join fellow Baytree residents in the heated community pool.**

**Monday, Wednesday and Friday at 1pm**

**Monday and Wednesday at 5:30p**

**\$5 per 1 hour class**

Water fitness is a versatile form of exercise for all ages and abilities.

It allows a person to work every muscle in the water so less stress on your joints and muscles as the water supports your weight.

A wide selection of music from the 1950's through today keeps the class entertaining while the certified instructor's boisterous spirit keeps everyone energized as she leads the class through a whole body weight resistance and cardio routine.

If you need more information or interested in water and/or land fitness private instruction please call 321-591-4578

**Certified  
Water Fitness  
Instructor**

**Shallow, Deep,  
Arthritis, Rehab  
& Athlete Water  
Instruction**

**Music and  
Sound System  
Provided**

**Equipment  
for up to 120  
Participants**

**CPR/AED/First  
Aid Certified**



**Tiffany**

**Facebook:  
Tiffany GroupEx**