



Dive in for a fun Water Aerobics workout with great company!

Tuesdays & Thursdays

11:15 AM

January & February

Sessions will be 30 minutes with the option to continue to 60 minutes.

Sign up for the
date(s) you would
like to attend:

CLICK
HERE

OR



We suggest you bring a water bottle, aqua shoes, & a towel.

No experience needed.

Exercise at your own pace with group support.

Work out with or without equipment.

Leader: Jane Ammenti, MJAmmenti@gmail.com, 415-307-9293