



Water Aerobics Sessions Will Begin January 2026

Water Aerobics is a form of exercise performed in water that involves movements that improve cardiovascular health, muscle strength, & flexibility. If you have any underlying health conditions, please consult with a healthcare professional before starting any new exercise program.

Tuesdays (January 6, 13, 20, & 27) at 11:15 AM
Thursdays (January 8, 15, 22, & 29) at 11:15 AM

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.

Feel free to purchase your own equipment.

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

TKPOA rules: Please shower before entering the pool.