



**Aqua Aerobics
At Southern Village
Yes ! You Can Still Join Us!**

Join us for a fun-filled hour of music, challenging movement, strength and relaxation! It's a really great way to get your exercise first thing in the morning!

Instructor: Patty Heivly, AEA, ACE, AFAA, IFTA, NASM Certified
Date: Through August 20
When: Tuesday(s) & Thursday(s)
Time: 7:30am to 8:30am
Where: Southern Village Club Pool
Cost: \$7.00 per class for members
\$12.00 per class for non-members

Pre-paid Punch Cards Available
Members 5 classes for \$30
Non-members 5 classes for \$50
Please Pay at Class

BRING YOUR OWN NOODLE!

Question? Please e-mail manager@southernvillageclub.com

**www.southernvillageclub.com
or instructor at pheivly@yahoo.com**