



For Immediate Release

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Water Aerobics for Adults

ASHEBORO - The Asheboro Cultural and Recreation Services Department is gearing up for water aerobics classes for adults throughout the upcoming summer. Classes are scheduled for Mondays, Wednesdays and Fridays at Memorial Pool from 10:30a.m. – 11:30a.m.

All classes will be taught by Mary Fisher during regularly scheduled “Adult Swim” hours, where the cost of admission is \$1.00 for adults with a valid RecCard, \$1.75 for non-residents and free for those with a senior citizen RecCard. The class will focus on low-impact exercises in the water, great for conditioning and rehabilitating muscles in a fun and unique setting. The pool is also handicapped accessible, so adults of all ages and abilities are encouraged to participate.

Classes will begin on Monday, June 19th, and run for the duration of the 2017 pool season, ending on August 11th. For more information, please contact Cynthia Castle at (336) 626-1240 ext. 5 or via e-mail at ccastle@ci.asheboro.nc.us.

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