

'Aquasize', @ the Spring City Pool

This water program is called 'Aquasize', a deep water exercise program, that will be hosted by Aerobic Rhythmics of Collegeville.

"For 27 years Aerobic Rhythmics has made available an un-intimidating atmosphere for women of all ages and fitness levels. They come to schools, community buildings, churches and local swimming pools in the tri-county area.

The certified instructors have years of experience and are also chosen for their wonderful people skills. Their goals are to help you succeed, reach your fitness goals, and most of all have fun!"

"The Aquasize class is a lively, fun and varied class. It is designed to increase stamina, strength and tone. So come jump in the pool and get energized while burning calories without taxing the joints."

Water creates about 12 times the resistance of out-of-water exercise, and reduces impact, meaning no jarring or pounding on joints and bones.

This class is open to adults and all fitness levels.

The 3-week session will be offered Tues & Thurs from 7 to 8 pm at the Spring City Community Pool, 238 Brown St. off of Wall St .in Spring City.

The class dates are 7/15,7/17,7/22,7/24,7/29 & 7/31, weather cooperating. Make-up classes will be announced at a later date.

The cost will be \$25.00 for members of Spring City Pool and \$35.00 for non-members.

Registration will be at the pool office which is open daily from 12 to 8 pm. Please contact Pool Manager Susan Palcko at the pool office or 610-948-6400 for any other information.