

Water Fitness Schedule

Water Aerobics - Class Size 10
Mondays, Wednesdays, and Fridays
7:30 AM and 10:30 AM



For more information, contact
Laura Crumpler - 919-934-1408
laura.crumpler@smithfield-nc.com

Water supports the body, putting less stress on your joints and muscles.

Working out in water helps build strength.

Fighting against the push of the water activates your muscles.

**Water pressure helps put less strain on the heart
by moving blood around the body.**

The impact of gravity is less in the water allowing a greater range of motion.

And... it's fun! It is not often you can say that about a workout.

