

WATER RUNNING CLASS!!!

AT SHELBY AQUATICS CENTER



When: Monday, Tuesday, Wednesday and Thursday

Time: 11:00-11:30am

Cost: \$1.00 per class

Instructors: Dee Greene, Sandy Carpenter and Karen Darby

Starts: Tuesday, May 28th 2019

Please note the week of June 3 our schedule will be different TBA!

When: Tuesday & Thursday

Time: 6:00-6:30pm

Cost: \$1.00 per class

Instructor: Holli Clark

Starts: Tuesday, June 11th 2019

Other Information: This class will be held in deep water; you will run for thirty minutes while using gyrojoggers on your feet. The gyrojoggers add more resistance to the workout. This is a great workout!!!

Visit: www.cityofshelby.com/parks

