

Aqua Jogging at the Preserve Pool



Our new instructor this year is Tricia Corder. Tricia has been in the Health & Fitness industry for 27 years. She has taught most formats of Group Fitness, but has the most fun with her deep water aqua classes. She has the following certifications:

AFAA Certified Group Fitness Instructor
Certified Water in Motion Instructor
Certified Silver Splash Instructor
American Red Cross CPR/AED, First Aid Certified

Register for classes at the Preserve Center Barn, 952 941-8400, or email cindy@preserveassociation.com. Our office hours are Monday-Friday 8:30 a.m.-4:30 p.m.

Class is in the Preserve Dive Pool

When: Mondays & Wednesdays

Session 1: June 17–July 24

(NO CLASS ON JULY 3 OR July 22)

Session 2: July 29- Labor Day

Time: 6:30-7:15p.m

Fee: \$30 for 5 class pass (non-member \$35)

\$55 for 10 class pass (non-member \$65)

Drop in fee: \$7.00 per class (non-member \$8)

*Purchase passes in the office or on line at
Preserveassociation.com*