

Aqua Jogging at the Preserve Pool



We are happy to announce that Tricia Corder will be returning for a third season. Tricia has been in the Health & Fitness industry for 30 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: Monday's & Wednesday's

August 1st-30th

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

Fee: \$33 for 5 class pass (non-member \$38)

\$45 for 8 class pass (non-member \$50)

Drop in fee: \$8.00 per class (non-member \$9)

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