

Aquatic Fitness

Cape Splash & Central Pool

Make a Splash Into Fitness This Summer!



Location: Cape Splash
Starts: June 4

Experience a boot camp workout in the water! Workouts will include water resistance exercises, circuit training to burn fat and tone muscles, as well as other cardio and core exercises for total body work out.

Monday-Thursday 6:30 P.M. – 7:30 P.M.
Fee: \$3.25 daily fee or 12 punch cards: \$36 / 24
Punch Cards: \$60
Instructor: Becky Towe

Location: Cape Splash
Starts: May 27

Focus on muscular strength, muscular endurance, cardio vascular fitness, flexibility, and body composition.



Monday-Thursday 6:45 P.M. – 7:30 P.M.
Fee: \$20 residents/ \$22 non residents (12 classes)
Instructor: Joanie Edmonson



Location: Central Pool
Starts: May 31

M, T, W, Th, F
5-7 a.m. 11:30 a.m.-1: p.m. & 5-7:30 p.m.
(M-Th)
Sat. 9:00-11:00 a.m.
Fee: \$3.25 Adults,
\$2.50 Seniors



Location: Central Pool
Starts: May 28

Designed to improve cardiovascular fitness, tone muscles, and increase flexibility by using the waters resistance. Great for seniors, those with arthritis, rehabilitating injuries, as well as those beginning aquatic exercise. Participants should have their doctors permission before starting any exercise routine.

Mon., Wed. & Fri.
9:30 A.M. – 10:30 A.M.
11:00 A.M. – 12:00 P.M.
Fee: \$17 residents/ \$21 non residents (12 classes)
Instructor: Pat Grebe

**For more information, contact Central Pool 335-4040,
Cape Splash 339-6343 or Osage Centre 339-6342.**



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

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