Experience a NEW WAVE in Water Exercise Classes!
The GAC is hosting WECOACH Extraordinaire Laurie Denomme for (2) introductory clinics March 25th!

Calling all beginner and experienced water exercisers, men and women of all ages and fitness levels. Join us to experience a workout like no other.

“Injury prevention, pain elimination and having the strength and mobility to do more of what you enjoy most is what my water exercise programs are all about.”

-Laurie Denomme

WHEN:
Monday, March 25th
9am-945am or 530pm-615pm