



Water Aerobics Ages 18+. A vigorous 40-minute workout done in the water incorporating cardio along with calisthenics. Participants need to be comfortable in the water. Participants need to bring their own swim two hand barbells, as a set of two, not a single long bar.

Instructor: Margaret Hall

Day: Tues & Thu Date: April 14 – May 21

Time: 6:30-7:15pm

Location: Cleveland Heights High School

Cost: \$59.00 Class Size: 20

Registration will open March 30, 2026 at 7am