

**** NEW SCHEDULE ****

(Effective Nov. 14, 2005)



Come join us for...

WATER AEROBICS

AT THE

CABANA CLUB

425 Ocean Drive

Key Colony Beach

Cardio on **MONDAY, WEDNESDAY, FRIDAY**

8:00 a.m. & 9:00 a.m.

Stretching & Toning on **TUES. & THURS.** at **8:00 a.m.**

*** Check with the Office for class fees ***

- BOTH MEN AND WOMEN WELCOME
- GREAT EXERCISE !
- FEEL ENERGIZED AND HAVE FUN !!

For more information and cost, phone 743-4443

(classes taught by certified aqua aerobics instructors)