

The Hamilton Senior Center Presents:

# Splash Fitness

**Leader: Charlene**

**When:** Monday, Wednesday & Friday  
**Where:** Senior Center Indoor Swimming Pool  
**Time:** 9am-10am  
**Price:** \$3.00 per class

**Leader: Trudi**

**When:** Tuesdays & Thursdays  
**Where:** Senior Center Indoor Swimming Pool  
**Time:** 9am-10am  
**Price:** \$3.00 per class

Join our splash fitness class!  
Meet our two volunteer leaders Charlene & Trudi and enjoy our indoor swimming pool! This is a great way to get some exercise and meet friends! Locker room accommodations are provided and are located in our fitness room.  
**Register at the front desk.**



**Lifeguard on duty**  
**No diving/No jumping**

Hamilton Senior Center ~ 409 Cypress Lane, Hamilton NJ, 08619  
609-890-3686

