

The Hamilton Senior Center Presents:



# Splash Fitness

**When:** Tuesdays & Thursdays

**Where:** Senior Center Indoor Swimming Pool

**Time:** 9am-10am

**Price:** \$3.00 per class

Join our splash fitness class! Meet our volunteer leader 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

