

The Hamilton Senior Center Presents:

Splash Fitness



When: Mon/ Tues/ Thur/ Fri

Where: Indoor Swimming Pool

Time: 9:00am - 10:00am

Price: \$3.00 per class



The Hamilton Senior Center invites you to our Splash Fitness Class! Meet our volunteer leaders: Charlene & Nancy and enjoy our indoor swimming pool! This is a great way to get some exercise and meet new friends! Locker room accommodations are provided and are located in our fitness room (Lock not provided, you must remove all belongings from locker after every use).

Please register at the Front Desk.

Volunteer Leaders:

Nancy: Mondays & Thursdays

Charlene: Tuesdays & Fridays

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

Hamilton Senior Center
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