

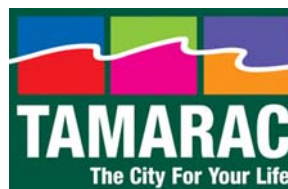
City of Tamarac Water Aerobics Classes

At the Tamarac Caporella Aquatic Center
9300 NW 58 St
954-597-3660

Various levels of water exercise will provide a total body workout. These exercises will help improve motor skills, balance, strength, and posture. Moderate to high level of cardio will be achieved.

Mondays and Wednesdays 6:00pm-6.45pm

**Residents: \$45
Non-Residents: \$55**



Tamarac Parks and Recreation.....EXPERIENCE IT!!!