

WATER RUNNING CLASS!!!

AT SHELBY AQUATIC CENTER



When: Monday, Tuesday, Wednesday and Thursday

Time: 11:00am-11:30am

Cost: \$1.00 per class

Instructors: Sandy Carpenter & Karen Darby

Starts: Tuesday May 28, 2024

When: Tuesday and Thursday

Time: 6:00-6:30pm

Cost: \$1.00 per class

Instructor: Holli Clark

Starts: Tuesday June 4, 2024

Other Information: This class will be held in deep water; you will run for thirty minutes while using gyrojoggers on your feet or using a belt. The gyrojoggers add more resistance to the workout. This is a great workout!!!

Visit: www.cityofshelby.com/parks

