



# PRENATAL AQUA AEROBICS

Prenatal aqua aerobics is a great workout for moms and baby! Become more flexible and stronger, while easing the stresses caused by carrying your child. This 5 week class is a great way to meet other moms!

**When:**

Feb 6 - Mar 6  
Mar 20 - Apr 24  
5 Week Sessions

**Time:**

Tuesday at 7pm

**Price:**

\$125 member  
\$175 non-member

To Register  
contact **Aquatics Department**

**773.770.2424**

[LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com)