

HEALTHWAYS

SilverSneakers[®]
FITNESS



Splash!

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.

A SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Mondays & Wednesdays
12:00 - 12:50 pm
Downtown Aquatic Center
Instructor: Kathi

For more information, please contact the Fitness Department 608-754-9622 ext. 116.

