

Watertown Parks & Recreation Department
514 South First Street
Watertown, WI 53094

Aqua Zumba



Perfect For...

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works...

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!

Benefits...

There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Who...

Individuals unable to exercise easily on land because of age, weight, injury or illness, as well as for experienced athletes.

When...

All classes are held at the Indoor Pool, located in Riverside Middle School (131 Hall Street). See monthly calendar for dates and times.

Cost...

All classes are offered on a drop-in basis; \$3 per visit or participants may purchase a punch cards for \$30 and receive 11 visits! What a deal!!!

