



# WATER AEROBICS

## Join us at the village pool!

Are you looking for a way to get in shape with minimal impact to your joints? Do you love the cooling, refreshing effects of water? Are you looking for a change in your routine? Do you want to have fun while working hard?

If you answered yes to any of these questions water aerobics may be a great option for you this year!

We will be offering water aerobics classes this summer taught by Kira Gray. Kira is an ACE certified personal trainer and has much experience in the health and wellness. She teaches a variety of group fitness classes around the valley and is excited to help you reach your goals this summer.

### Class Description

This class will get your heart pumping! Deep water classes take place with buoyant cuffs on the ankles to provide resistance and extra flotation. Shallow water classes take place in chest-height water with various equipment (noodles, water weights etc). With very little impact on your joints, this is a great way to develop strength & balance and improve your cardiovascular capacity. Even if you're already fit, this class will be a challenge!

**All levels welcome!**

**Deep Water** Tuesdays 9:30-10:30 am  
**Shallow Water** Thursdays 10:00-11:00 am

**Cost:** Monthly Pass - \$90 (members) / \$100 (non-members)

5-class Punchcard - \$65 (members) / \$75 (non-members)

Drop-in - \$15 (members) / \$17 (non-members)

**For questions, contact Kira Gray: 208-720-2328 / kira@kiragray.info**

# Scuba Lessons



Wendy St. Jean, owner of Ketchum Dive Adventures, will again offer scuba instruction with her confined water sessions taking place at the Elkhorn Village Pool. For more information please call Wendy at 208-726-5424.