



**CORPUS  
CHRISTI  
PARKS &  
RECREATION**



**For  
Ages 18+**

**Instruction  
provided by  
certified staff**

**Fall 2022**



# Adult Water Aerobics & Aqua Jogging

*Stay Fit, Tone Up, and Have Fun!*

**Good to Know:**  
Swimming skill is not required but preferred. Participants will wear float belts for exercises.

## Aqua Jogging

Tuesday/Thursday, 6pm-6:30pm  
2 classes/week (8 classes total)  
Session 2: October 6–Nov 1  
Session 3: Nov 3–Dec 6 \*

## Water Aerobics

Tuesday/Thursday, 10am–10:30am  
2 classes/week (8 classes total)  
Session 2: October 6–Nov 1  
Session 3: Nov 3–Dec 6 \*

## Corpus Christi Natatorium

3202 Cabaniss Parkway

## Collier Pool

3801 Harris Drive



only **\$35**/person/month \*No classes Thanksgiving week, November 21–25

For more information:  
**Call 826-PLAY**

**Register Online** at <https://register.ccparkandrec.com/>.

Registration closes the Thursday before each session starts. Class times vary, please see registration site for more details. Program for ages 18 and older. Class limited to 12 participants.

**Live. Learn. Play!**  
[ccparkandrec.com](http://ccparkandrec.com)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, genetic or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.