

**MINDEN RECREATION COMPLEX CLASSES OFFERED
LIMITED SPACE AVAILABLE
CALL 371-4235 FOR MORE INFORMATION**

WATER AEROBICS

MONDAY, WEDNESDAY, FRIDAY 8:30AM TO 9:30AM \$20 PER MONTH

MONDAY & WEDNESDAY 10AM TO 11AM \$20 PER MONTH

INSTRUCTOR-WILLIE PICKETT

EVENING LOW IMPACT WATER EXERCISE

MONDAY AND THURSDAY 5:30PM TO 6:30PM \$1 PER SESSION

SELF-INSTRUCTED

MORNING RANGE OF MOTION WATER EXERCISE

TUESDAY AND FRIDAY 10AM TO 11AM \$20 PER MONTH

DOROTHY MADDOX- INSTRUCTOR

SILVER SNEAKERS CHAIR AEROBICS

MONDAY 10:30AM TO 11:30AM

THURSDAY 10:30AM TO 11:30AM

\$10 PER MONTH FOR NON-HUMANA MEMBERS

ALL HUMANA MEMBERS ARE FREE

ALL CLASS FEES ARE DUE ON THE 1ST OF EACH MONTH. REGARDLESS OF WHEN YOU JOIN THE CLASS FULL MEMBER FEE IS DUE--NO PRO-RATED FEES AND NO REFUNDS.