

AQUASIZE AT CHOICES

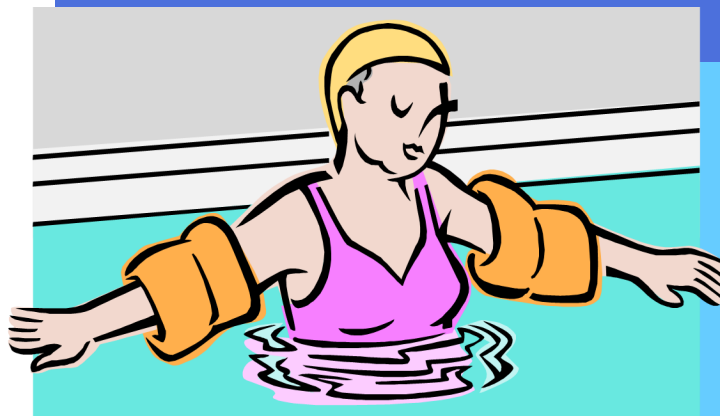
Every Monday afternoon from 1:00 to 2:30. Low impact exercising in the water can help strengthen muscles, improve balance, relieve arthritis and lose weight without strenuous impact on bones and joints.

If you are interested please call

**Kristin Bickel, Choices Program Coordinator at
719-363-1113**

No prior exercise experience is necessary!

Beginners are welcome, work out at a comfortable pace!



Location: Aquasize will be held at the La Junta High School Swimming Pool, however please contact Kristin Bickel at Choices for details.