

# Aqua Fitness Classes

Sign-up Today

Registration is on-going and classes begin  
November 1<sup>st</sup>

Classes are FREE for Bedford Heights  
Community Center Memberships for the month  
of November ONLY!

## Aqua Line Dance

Monday & Wednesdays  
9:30 am – 10:30 am

Tuesdays & Thursdays  
6:00 pm – 7:00 pm



*Class instructor will be our very own  
Aquatics Manager Felicia Toth*

## Deep Water Running

Monday & Wednesdays  
10:30 am – 11:30 am

Tuesdays & Thursdays  
7:00 pm – 8:00 pm

For more information and to register for classes contact the Community Center @ 440-786-3290