

Aqua Aerobics

Ages 18+ • Saturdays

April 18 - May 30

*No class 5/23

9 - 9:45 AM • \$5 Per Class

Malibu Community Pool

Participants will improve fitness levels, enhance well being, and foster a lifelong appreciation for aquatic exercise. Through a combination of cardiovascular conditioning, strength training, and flexibility exercises, participants will experience the benefits of aqua aerobics.

