



MIMOSA SWIM & RACQUET CLUB

Mermaids

WATER AEROBICS

Make waves. Move easy. Have fun.



Join the Mimosa Mermaids for a fun, low-impact water aerobics class designed to help you move, stretch, strengthen, and socialize — all while staying cool in the pool!



FIRST SESSION - MONDAY JUNE 1ST

Should inclement weather occur in the first 1/2 hour of our session - those in attendance will be given a voucher to use at another session.

CLASS SCHEDULE



MONDAYS & FRIDAYS

12:15 PM - 1:15 PM



TUESDAYS & THURSDAYS

6:00 PM - 7:00 PM

TAUGHT BY



Regina Allemand



PRICING



FREE
for Mimosa Members



\$5
per class for Non-Members

Mermaid Passes Available for Purchase!

WHO CAN JOIN?

OPEN TO EVERYONE!

Young or old. Members & Nonmembers.



ALL AGES



ALL FITNESS LEVELS



MEMBERS & NONMEMBERS

Come with FUN in mind with FITNESS as a GOAL!

- ★ We do not go underwater (unless you decide to)
- ★ We exercise on the shallow end
- ★ Do what you can – stop if it hurts or uncomfortable – just move around
- ★ No judgements wanted or needed regarding swimwear, size, coordination or singing skills!
- ★ Laughter a Must!!

Come join the pod!

Whether you're looking for gentle exercise, friendship, or a fun way to stay active, the Mimosa Mermaids would love to have you!

502 River Oaks Dr. Luling

mimosaswimandracquetclub.com