



# Deep water workout!

Non-impact training that can offer a full range of exercise challenges. Deep water is an enjoyable and effective aquatic training medium for a full range of participants.

where:

Concord Community Pool-  
3501 Cowell Road, Concord, CA

when:

Tuesday and Thursday  
10-11am Year-round  
Sessions #98749; 98750;  
98751; 98752

register at:

[www.concordreg.org](http://www.concordreg.org), or call  
671-3480 for more info

