DotHouse Health
*We keep you well*

# DHMSC Pool Water Fitness & Jogging Class!!!

**Who:** **Adults/Seniors!!!!**

**What:** **Sessions will be 4 weeks and 45 minutes in duration. Price = $13 per class or $40 per session for Pool members and staff and $15 for seniors. Register Today! *Water jogging belts and equipment will be provided!!!***

**When:** Classes are offered on **Wednesday evenings from 8:00 to 8:30pm**. **Classes starting soon! Sign-ups start now!**

**Where:** **Dorchester House Multi-Service Center Pool**
**1353 Dorchester Avenue, Dorchester, MA 02122**

**How:** For more information or to register call Dirk at 617-740-2234 or Email Dirk at Dirk.Bovell@dorchesterhouse.org

*****Space is limited to 10 people per class!!!*****

***More weekly classes will be added soon!!!***

***Sign-up Today!!!***