

# THERAPEUTIC HYDROFIT

## Classes



1152 AUBURN ROAD  
Dacula, GA 30019



\$10/Day

Register Online  
[www.swimatlanta.com](http://www.swimatlanta.com)

- choose Hamilton Mill Location
- Click Lesson Registration Button
- Choose HydroFit Class

678-889-2039

Hosted in our indoor heated instructional pool, this class is a beneficial fit for anyone looking for light to medium resistance workouts in the aquatic setting. Other low impact exercises will be offered that are helpful in stretching and light workouts for post-surgery injuries, as well as for a light morning workout for adults of all ages.