

Riviera West Water Aerobics

Summer 2024

Just a friendly reminder about Water Aerobics equipment.
Each person needs to supply their own towel, pool noodle and barbells.

In lieu of barbells you can bring your own empty Iced Tea bottles (Arizona brand work best) with handles and lids or [click here](#) for an example of something you can purchase online.

The noodles should be solid (no hole in the middle) for weight support. [Click here](#) for an example.

Each person must bring their own equipment and take it home after each session.

Any questions, feel free to call or text.
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