

From: Glm108 <glm108@aol.com>
Sent: Monday, January 15, 2024 8:24 PM
To: Council Members <CouncilMembers@brisbaneca.org>
Subject: Brisbane Pool Water Aerobics Class

Dear Council Members

I'm a long time Brisbane senior resident attending water aerobics classes at our beautiful community pool and wanted you to know how much I appreciate having this pool in my back yard.

I've been attending classes for approximately 15 years and wanted share with you the change it has made in my life. I first started these classes once a week while I was employed and noticed that working out at the pool helped my overall attitude. I'm retired now and attending classes three time a week and noticed a major difference in my overall physical health (also my doctor has commented on my weight loss and overall well being). As you well know water aerobics is a great way for seniors to exercise without putting stress and strain on the body. Along with exercise I've had the opportunity to meet new friends who all agree that these classes have changed their lives in many ways. With the pool being centrally located and affordable to seniors on a fixed income it has helped so many people that would otherwise not be exercising and have the opportunity to improve their well being.

Thank you for letting me express my gratitude for the class, I love the class and the instructor!!

Thank you,
Georgia Martin