

# EVENING AQUA FITNESS

Aqua Fitness classes incorporate cardio, strength training and stretching for an all body workout. Increase your metabolism, build muscle tone and strength, improve balance and relieve tension - all with pain-free, no-impact movements.

Aqua Fitness classes are geared for all fitness levels, from beginner to advanced.

Classes are held in our dive well, while you are suspended in the deep water.

Our dive well is 7-13ft in depth. Floatation devices are provided by

The Water's Edge Aquatic Center for participant comfort and safety.

Whether you are new to Aqua Fitness, looking to start a new healthy, active lifestyle or simply adding another activity to your fitness regimen, Aqua Fitness classes are for you!!!

Please bring a water bottle and towel!!!

## Evening Aqua Fitness Classes

<u>Session</u>	<u>Activity #</u>	<u>Dates</u>	<u>Day</u>	<u>Times</u>	<u>Pricing</u>
Winter 1	311102-01	1/8-2/12/2018	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Winter 1	311102-02	1/11-2/15/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Winter 2	711102-01	2/26-4/9/2018	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Winter 2	711102-02	3/1-4/12/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Spring*	411102-01	4/23-5/28/2018*	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Spring	411102-02	4/26-5/31/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Summer	511102-01	6/11-7/16/2018	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Summer	511102-02	6/14-7/19/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Back to School <sup>^</sup>	111102-01	8/20-9/24/2018 <sup>^</sup>	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Back to School	111102-02	8/23-9/27/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Fall	211102-01	10/8-11/12/2018	Mondays	6:00p to 6:45p	R \$35.00/NR \$45.00
Fall	211102-02	10/11-11/15/2018	Thursdays	6:00p to 6:45p	R \$35.00/NR \$45.00
Fall 2**	811102-01	11/26-12/17/2018**	Mondays	6:00p to 6:45p	R \$25.00/NR \$35.00
Fall 2**	811102-02	11/29-12/20/2018**	Thursdays	6:00p to 6:45p	R \$25.00/NR \$35.00

\*No Class Monday, May 28<sup>th</sup>, 2018 – Make Up Class on Thursday, May 31<sup>st</sup>, 2018

<sup>^</sup>No Class Monday, September 3<sup>rd</sup>, 2018 – Make Up Class on Thursday, September 6<sup>th</sup>, 2018

\*\*Shortened 4 Week Session due to the holidays

5% Amusement Tax included in above pricing.

Evening AquaFitness Classes are NOT included in the Water's Edge Aquatic Center Yearly Membership.

Classes must be registered and paid for prior to the start of 1st week of class. No pro-rating offered.

Each activity # must have a minimum of six (6) participants enrolled in order for class to run.

