



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT WATER FITNESS

Low Intensity Classes

AQUA-ARTHRITIS:
M, W, F 8:30am
Shallow / Warm
\$17 member / \$34 non

ARTHRITIS PLUS:
M, W, F 9:30am
Shallow / Warm
\$17 member / \$34 non

DEEP IMPACT:
SAT 9:00am
Deep / Warm
\$8 member / \$16 non

TIDAL WAVES ONE:
T, TH, F 8:30am
Shallow / Deep / Warm / Cool
\$17 member / \$34 non

TIDAL WAVES TWO:
T, TH, F 9:30am
Shallow / Deep / Warm / Cool
\$17 member / \$34 non

Medium Intensity Classes

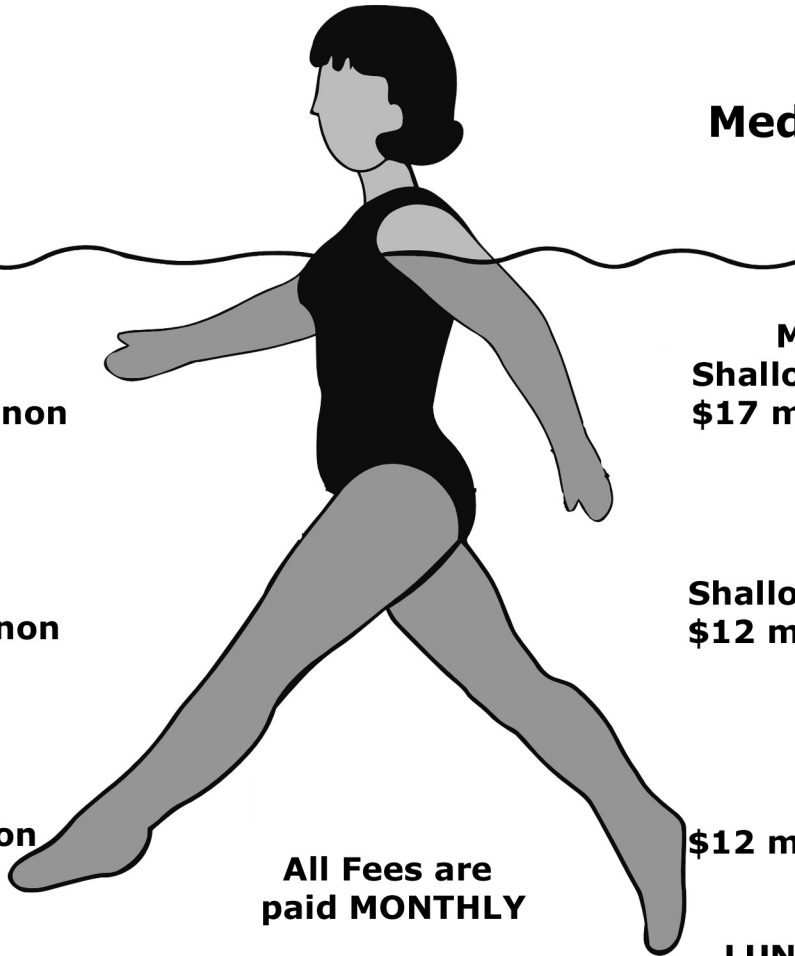
AQUA-COMBO:
M, W, F 6:00am
Shallow / Deep / Warm
\$17 member / \$34 non

AQUACIZE:
T, TH 5:45am
Shallow / Deep / Warm
\$12 member / \$24 non

HYDROMANIA:
M, W 6:00pm
Shallow / Cool
\$12 member / \$24 non

LUNCH TIME TURBO:
T, TH, F 12:00pm
Shallow / Deep / Cool
\$17 member / \$34 non

WAVE RUNNER:
T, TH 6:00pm
Deep / Warm
\$12 member / \$24 non



All Fees are
paid MONTHLY

You may register
and begin at any time,
space permitting

TOTAL ACCESS PASS:
Enroll in all ten classes
\$19 members / \$38 non

04AQWF