

Y WATER FITNESS™

We build strong kids, strong families, strong communities.

Looking for a way to get into shape or to complement your current workout?

**Water fitness is a great way to achieve aerobic and resistive training
that is easy on your joints and good for your heart!**

AQUACISE I:

Improve your physical fitness through a water exercise class that includes stretching, warm-up, mild cardiovascular work, strength training and a cool down.

Time: 9–9:45 a.m. Monday, Wednesday and Friday

Cost: FREE for Members \$33/month Non-members

AQUACISE II (LOW INTENSITY):

This mild, low-impact water exercise class is designed to improve muscle tone and joint mobility for individuals with sensitive joints and other tissue inflammations.

Time: 10–10:45 a.m. Monday, Wednesday and Friday

Cost: FREE for Members \$33/month Non-members

AQUAFIT:

This class challenges you to improve your aerobic fitness with a challenging cardiovascular workout, tone up by using the natural resistance of the water, stretch and work on flexibility.

Time: 6-6:45 p.m. Tuesday and Thursday

Cost: FREE for Members \$26/month Non-members



Water Fitness Registration Form

*Please Circle the Class(es) You Plan to Attend: 9 a.m. 10 a.m. 6 p.m.
Member? YES NO*

Name _____ Address _____

Phone (hm) _____ Phone(wk) _____ DOB _____

Email: _____

Medical concern _____

Emergency Contact _____ Phone _____

Office Use Only:

Please Cont

Staff Initials _____ Date _____