

# 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!!!

Classes are open to high school age and older. Must meet minimum 6 participants to commence.

Please register early to ensure course availability.

## Evening Aqua Fitness Classes

### Winter 1 Session

Activity #311102-01 Mondays 1/8/2018 to 02/12/2018 6:00p to 6:45p Annette Kozy Res: \$35.00/Non-Res: \$45.00

Activity #311102-02 Thursdays 1/11/2018 to 02/15/2018 6:00p to 6:45p Kimberly Bush Res: \$35.00/Non-Res: \$45.00

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.

\*This is NOT a school sponsored activity.



The Water's Edge Aquatic Center, 545 John Street, Bensenville, IL 60106 (630) 766-8888 [www.bensenville.il.us](http://www.bensenville.il.us)