

# Daytime Aqua Fitness

The Water's Edge Aquatic Center offers Daytime Aqua Fitness classes on a drop-in basis during our Open Swim hours to participants of all ages. Aqua Fitness classes are geared for all fitness levels, from beginner to advanced.

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.



Classes are held in our dive well, while you are suspended in the deep water. Our dive well is 7-13ft in depth. Flotation devices are provided by The Water's Edge Aquatic Center for participant comfort and safety.

## Monday, Wednesday, Friday

### 8:45a—9:30a

	Resident	Non-Resident
Adult / Child (4+)	\$6.00	\$10.00
College Student (w/ID)	\$6.00	\$6.00
Senior (60+)	\$3.00	\$6.00

Daytime AquaFitness Classes offered during our Open Swim times are included with your annual membership or daily fee.



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

\*This is NOT a school sponsored activity.