

# 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

### 2019 Season Offerings:

Winter 1:	January 7th, 2019 to February 14th, 2019
Winter 2:	February 25th, 2019 to April 4th, 2019
Spring:	April 22rd, 2019 to May 30th, 2019
Summer:	June 10th, 2019 to July 18th, 2019
Back to School:	August 19th, 2019 to September 26th, 2019
Fall:	October 7th, 2019 to November 14th, 2019

### Day/Time/Pricing

Mondays 6:00p to 6:45p Resident \$40.00/Non-Resident \$50.00

Thursdays 6:00p to 6:45p Resident \$40.00/Non-Resident \$50.00

5% Amusement Tax included in above pricing. This is NOT a school sponsored event.

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

