

## **Aquacize**

Begin your day with a water aerobics class that is perfect for any age & fitness level. A variety water class that uses noodles, dumbbells, and other water equipment to help you tone with the resistance of the water. Expect to increase your cardiovascular endurance while strengthening your muscles.

Program#: 172015

Location: Indoor Pool

Min/Max: 13/25

Instructor: Mary Owens

Fee: \$39.00(R), \$44.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

<b><u>Section#:</u></b>	<b><u>Date:</u></b>	<b><u>Age:</u></b>	<b><u>Time:</u></b>	<b><u>Day:</u></b>
01	February 8 – March 22*	16 & Up	8:15-9:00am	Monday/Wednesday
02	April 5 – May 12		8:15-9:00am	Monday/Wednesday
03	May 17 – June 30**		8:15-9:00am	Monday/Wednesday

\* No class the week of Feb 15<sup>th</sup>.

\*No class the week of May 31<sup>st</sup>.