



Aquarobics: Jan-June 2012

Hazen Pool
1101 Hoquiam Avenue Northeast
Renton, WA 98059
425. 204.4230

1ST CLASS FREE!

Tuesday & Thursday

9:00 – 10:00 am - Class Code: HAZ1

7:30-8:30pm – Class Code: HAZ2

10x per 5 week session = \$80

Per class drop-in = \$12

Session 4: Jan 2 - Feb 4 (5 WKS)

Session 5: Feb 6 – Mar 10 (5 WKS)

Session 6: Mar 12 – Apr 14 (5 WKS)

Session 7: Apr 16 – May 19 (5 WKS)

Session 8: May 21 – June 23 (5 WKS)

Aquarobics is a professional **60-minute shallow water workout** that will help you meet your goals of **burning calories, leaner muscles and stronger back.**

Program focus: **Vigorous, yet work-at-your own-pace cardio** allows someone new to fitness to **increase strength and endurance** alongside an athlete. Using the water's natural properties you will **build strength, increase flexibility** and **core muscle strength** through the water's resistance and buoyancy.

Professionally trained instructors following **choreographed lesson plans** devised under the guidance of an **orthopedic surgeon and physical therapist** will motivate and educate you all while exercising to a **wide array of music** from 1940's swing to current favorites.

Our shallow water workout does not require swimming skills and is perfect for **all levels of fitness.**

GET IN. GET FIT.

(425) 894-0045
INFO@ AQUAROBICS.NET
www.GetInGetFit.com

Please make checks payable to: **AQUAROBICS**
Mail to: PO Box 404, Redmond, WA 98073 or hand in to class instructor. Returned checks are subject to a \$10 processing fee.

Refunds will not be given due to inclement weather conditions. There will be no AM classes if Renton School District is closed or delayed.

Checks Due:

Session 5: 1/23 – 1/28

Session 6: 2/27 – 3/3

Session 7: 4/2 – 4/7

Session 8: 5/7 – 5/12

Session 9: 6/11 – 6/16