



## WaterMotion: Jan - June 2012

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### Hazen Pool

1101 Hoquiam Avenue Northeast  
Renton, WA 98059  
425. 204.4230

**1ST CLASS FREE!**

### Tuesday, Thursday

**10:15 – 11:15 am - Class Code HazWM**

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)**

**WaterMotion** is a group water therapy for those with **arthritis, fibromyalgia, joint replacement, back issues and pre & post joint surgery**. It is also used as the first step for getting back into exercise with its gentle cardio.

Program focus: **building strength, increasing flexibility and balance** using the water's natural resistance and buoyancy to allow for movement in the water that may be difficult on land.

**Professionally trained instructors** following lesson plans **devised under the guidance of an orthopedic surgeon and physical therapist** will motivate and educate you in this **work-at-your-own-pace**, safe program.

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  
PO Box 404 Redmond, WA 98073

#### 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

Please make checks payable to: **AQUAROBICS**  
Mail to: PO Box 404, Redmond, WA 98073 or hand in to class instructor. All prices include tax and pool entrance. 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.