



## FIRST CLASS FREE!

Experience your first Aquarobics class for FREE.  
Finding a class that fits your expectation is key to your success.

### Washington State Registration Procedures:

- Call or email Aquarobics to inquire about space availability. Some classes are very full and have a waiting list.
- Please make checks payable to: Aquarobics and leave it with your instructor or mail it to: PO Box 404 Redmond, WA 98073

### Utah State Registration Procedures:

- All class signups are through the Fairmont Aquatic Center or Steiner Aquatic Center front desk.

### For your first class:

- Please arrive 10-minutes early to meet your instructor.
- You will be asked to fill out a medical card and will receive an orientation to the class. This will give you a chance to share your goals and any health limitations with your instructor.
- Please bring a water bottle to keep hydrated during class.
- If you have questions regarding your specific health issues please call your physician to learn about any exercise or range of motion limitations you may have.
- Questions? Don't hesitate to call or email for more details!