



If your goal is a leaner, stronger, fit body and want to have fun while you get there – *Aquarobics* is for you!

Our water fitness programs uses the water's resistance and buoyancy to promote quicker muscle tone and a vigorous cardiovascular workout.

Our professionally trained instructors will inspire you to move and burn those calories away with all over body exercises set to your favorite tunes. This 60-minute workout will get you in shape while reducing the risk of injury and impact to your joints. Our shallow & deep water workout does not require swimming skills and is perfect for all levels of fitness. You make the commitment to your health, we'll make it fun.

GET IN. GET FIT.

(425) 894-0045

(800) 817-8988

INFO@ AQUAROBICS.NET

WWW.AQUAROBICS.NET

Steiner Aquatic Center

645 South Guardsman Way

Salt Lake City, UT 84108

801-583-9713

TRY YOUR 1ST CLASS FREE!

Aquarobics – Shallow Water

MORNINGS

Mon, Tues, Wed, Thurs, Fri

9:00 – 10:00 am

Saturdays

8:00 – 9:00 am

EVENINGS

Mon/Wed

6:00 – 7:00 pm

AQ Deep – Deep Water

MORNINGS

Mon, Wed, Fri

8:00 – 9:00 am

Sun

10:30-11:30am

For pricing information see the front desk.

Please arrive 10-minutes early to your first class to fill out a medical card and get an orientation to class by your instructor. It is recommended to bring a water bottle to each class.



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TRY YOUR 1ST CLASS FREE!

WaterMotion is a group warm-water therapy for those with arthritis, fibromyalgia, joint replacement, back issues and pre & post surgery.

Our water fitness program uses the water's resistance to build muscle strength and the water's buoyancy to allow for movement in the water that may be difficult on land while improving your balance.

Our professionally trained instructors 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.

You make the commitment to your health, we'll make it fun.

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WATERMOTION: Water Therapy

**Monday, Wednesday, Friday
10:10 – 11:10 am**

For pricing information see the front desk.

Please arrive 10-minutes early to your first class to fill out a medical card and get an orientation to class by your instructor. It is recommended to bring a water bottle to each class.

Please speak with your physician regarding any exercise or range of motion limitations you may have. If you have any questions regarding the WaterMotion program please call.

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