



## Aquarobics: Winter-Spring 2010

Bellevue Aquatic Center  
601 143rd Avenue NE  
Bellevue, WA 98008  
425-452-4444

**1ST CLASS FREE!**

**Monday, Wednesday, Friday**  
**8:00-9:00 am - Class Code BP1**

**Tuesday & Thursday (10X)**  
**6:00-7:00 pm - Class Code BP6**

15x per 5 week session = \$120.00  
10 x per 5 week session = \$80.00  
1x = \$12.00

Combine with AQ Deep Water  
15x per 5 week session = \$120  
20x per 5 week session = \$140 (BEST VALUE!)

**Session 4: Jan 4 – Feb 6 (5 WKS)**

**Session 5: Feb 8 – Mar 13 (5 WKS)**

**Session 6: Mar 15 – Apr 17 (5 WKS)**

**Session 7: Apr 19 – May 22 (5 WKS)**

**Session 8: May 24 – June 26 (5 WKS)**

- No Class May 31<sup>st</sup>  
14x = \$112 10x = \$80

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 program 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 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**  
INFO@ AQUAROBICS.NET  
WWW.AQUAROBICS.NET

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. 100% refund will be given if you cancel prior to the start of the session. 50% refund will be given if you cancel in the 1st week. No refund will be given after the 1st week. Please call 425-894-0045 with questions regarding refunds. Refunds will not be given due to inclement weather conditions. There will be no AM classes if Bellevue School District is closed or delayed. Returned checks are subject to a \$10 processing fee.



## AQ DEEP WATER Winter-Spring 2010

Bellevue Aquatic Center  
601 143rd Avenue NE  
Bellevue, WA 98008  
425-452-4444

**1ST CLASS FREE!**

**Monday & Wednesday  
6:00-7:00 pm - Class Code BP4**

10 x per 5 week session = \$80  
1x = \$12

Combine with any Aquarobics Class  
15x per 5 week session = \$120  
20x per 5 week session = \$140 (BEST VALUE!)

**Session 4: Jan 4 – Feb 6 (5 WKS)**

**Session 5: Feb 8 – Mar 13 (5 WKS)**

**Session 6: Mar 15 – Apr 17 (5 WKS)**

**Session 7: Apr 19 – May 22 (5 WKS)**

**Session 8: May 24 – June 26 (5 WKS)**

- No Class May 31<sup>st</sup>  
9x = \$72

**Priority Registration:**

Session 5: Jan 25 – 30  
Session 6: Mar 1 – 6  
Session 7: Apr 5 – 10  
Session 8: May 10 - 15  
Session 9: Jun 14 – 19

Version 1

If your goal is a leaner and stronger body and want to have fun– **Aquarobics** is for you! Our professionally trained instructors will inspire you to move!

**Benefits of Deep Water Exercise:**

**Burn Calories:** The more water you are moving the more calories you will burn! Count on 450-700 calories per hour in the water.

Compare the following estimates for a *30-minute* workout:

- Land Walking: 135 calories
- Deep Water Walking: 264 calories
- Land Jogging: 240 calories
- Deep Water Jogging: 340 calories

**Build Strong Muscles:** The deep water provides a constant state of resistance. Push the water and tone your muscles quicker than on land! 60-min of Abdominal Work. You have to hold tight to keep your position!

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## WATERMOTION: Winter 2010

Bellevue Aquatic Center  
601 143rd Avenue NE  
Bellevue, WA 98008  
425-452-4444

**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.

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.

**GET IN. GET FIT.**

**Monday, Wednesday, Friday**  
**8:00 – 9:00 am - Class Code BPWM1**  
**9:00 – 10:00 am - Class Code BPWM2**

**Monday, Wednesday (10x Only)**  
**11:30 am - 12:30 pm - Class Code BPWM3**

15x per 5 week session = \$127.50  
10 x per 5 week session = \$85.00  
Per class drop-in = \$12.00

**Session 4: Jan 4 – Feb 6 (5 WKS)**

**Session 5: Feb 8 – Mar 13 (5 WKS)**

**Session 6: Mar 15 – Apr 17 (5 WKS)**

**Session 7: Apr 19 – May 22 (5 WKS)**

**Session 8: May 24 – June 26 (5 WKS)**

- No Class May 31<sup>st</sup>  
14x = \$119 10x = \$85

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**Priority Registration:**

Session 5: Jan 25 – 30  
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