



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. Payment includes entrance fee and all taxes. 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. Call (253) 835-6905 for class info during inclement weather. Refunds will not be given due to inclement weather conditions. Returned checks are subject to a \$10 processing fee.

Winter-Spring 2010

Federal Way
Community Center
8716 South 333rd Street
Federal Way, WA 98003
253-835-6900

1ST CLASS FREE!

Monday & Wednesday

8:00 – 9:00 pm Class Code: FWDP1

Tuesday & Thursday

8:00 – 9:00 pm Class Code: FWDP2

FWDP1: 10x = \$70.00, 1x = \$10

FWDP2: 10x = \$70.00, 1x = \$10

****15x per session = \$105****

Session 4: Jan 4 – Feb 6 (5 WKS)

FWDP1: 9x=\$63, FWDP2:10x=\$70

*No Class 1/18 MLK day

Session 5: Feb 8 – Mar 13 (5 WKS)

FWDP1: 9x=\$63, FWDP2:10x=\$70

*No Class 2/15 Presidents' Day

Session 6: Mar 15 – Apr 17 (5 WKS)

Session 7: Apr 19 – May 22 (5 WKS)

Session 8: May 24 – June 26 (5 WKS)

FWDP1: 9x=\$63, FWDP2:10x=\$70

*No Class 5/31 Memorial Day Weekend

Priority Registration:

Session 4: Dec 14 – 20

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

