



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

Winter - Spring 2010

Juanita Pool
10601 NE 132nd St
Kirkland, WA 98034
425.823.7627

1ST CLASS FREE!

Monday, Wednesday, Friday
7:15-8:15 am

15x per 5 week session = \$117

10 x per 5 week session = \$83

1x = \$12.00

Session 5: Feb 8 – Mar 13

Session 6: Mar 15 – Apr 17

Session 7: Apr 19 – May 22

Session 8: May 24 – June 26

- No Class May 31st

14x = \$109.20 10x = \$83

Priority Registration:

Session 6: Mar 1 – 6

Session 7: Apr 5 – 10

Session 8: May 10 -15

Session 9: Jun 14 - 19

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. Returned checks are subject to a \$10 processing fee. There will be no AM classes if Lake Washington School District is closed or delayed.



WATERMOTION: Winter 2010

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

1ST CLASS FREE!

Monday & Wednesday

9:00 – 10:00 am - Class Code JUAN2

10 x per 5 week session = \$70.00
Per class drop-in = \$12.00

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 31st
9x = \$63

Priority Registration:

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

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. A gentle cardiovascular program will keep you moving and heart healthy.

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.

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