



Winter - Spring 2010

Newport Hills Swim & Tennis Club
5464 119th Avenue SE
Bellevue, WA 98006
425-746-9510

1ST CLASS FREE!

Monday, Wednesday, Friday
9:00 – 10:00am

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 31st

Member: 14x = \$91 10x = \$65

Non-Member: 14x = \$112 10x = \$80

MEMBER PRICING:

3 member packages to fit your schedule:

15 x per 5 week session = \$97.50

10 x per 5 week session = \$65.00

Per class drop-in = \$10.00

NON-MEMBER PRICING:

3 non-member packages to fit your schedule:

15 x per 5 week session = \$120.00

10 x per 5 week session = \$80.00

Per class drop-in = \$12.00

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

Version 1

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. 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.