



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/(800) 817-8988
PO Box 404 Redmond, WA 98073
INFO@AQUAROBICS.NET
WWW.AQUAROBICS.NET

Summer 2010

Evergreen Aquatic Center
606 SW 116th St Seattle, WA 98146
206-588-2297

**Days: Wednesdays
(Mondays start in Fall)
Time: 7 – 8 pm**

2 Payment Choices:

- **By the Session or**
- **1x Drop-in = \$10**

Session 9: June 16, 23, 30 & July 7, 14, 21, 28

7x = \$49

Session 10: Aug 4, 11, 18, 25 & Sept 1, 8, 15, 22, 29

9x = \$63

Are you interested in other class days or times? Sign the interest sheet at Evergreen Pool.

Please make checks payable to: **AQUAROBICS**
Mail to: PO Box 404, Redmond, WA 98073 or hand in to class instructor. Price includes all taxes and pool entrance fee. Returned checks are subject to a \$10 processing fee. Refunds will not be given due to inclement weather conditions.



WaterMotion is a group -water therapy program 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.

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

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Summer - Fall 2010

Evergreen Aquatic Center
606 SW 116th St Seattle, WA 98146
206-588-2297

WaterMotion

Days: Wednesdays

Time: 11am – 12pm

2 Payment Choices:

- **By the Session or**
- **1x Drop-in = \$10**

Session 9: June 16, 23, 30 & July 7, 14, 21, 28

7x = \$49

Session 10: Aug 4, 11, 18, 25 & Sept 1, 8, 15, 22, 29

9x = \$63

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