



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. Returned checks are subject to a \$10 processing fee. Refunds will not be given due to inclement weather conditions.

Summer - Fall 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

3 Payment Options for 5-weeks session:
15x = 112.50*, 10x = \$77.50, 1x = \$10

***Yes, you can combine ANY Classes for 15x per session!
BEST PRICE!**

Session 9: Jun 28 – Jul 30 (5 WKS)

Session 10: Aug 2 – Sep 3 (5 WKS)
No Class Sept 6 -11 Labor Day Week

Session 1: Sep 13 – Oct 15 (5 WKS)

Session 2: Oct 18 – Nov 19 (5 WKS)
No Class Thursday, Nov 11 Veteran's Day
FWDP2 9x = \$69.75

Session 3: Nov 22 – Dec 17 (4 WKS)
No Class Thursday Nov 25 Thanksgiving
FWDP1 8x = \$62 FWDP2 7x = \$54.25

Checks are Due:

Session 10: Jul 19-23
Session 1: Aug 23-27
Session 2: Oct 4-8
Session 3: Nov 8-12
Session 4: Dec 6-10