



## Summer - Fall 2010

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

**1ST CLASS FREE!**

**Monday & Friday**  
**(Want Wednesday Workout?**  
**Please call to be added to the list.)**

**7:15-8:15 am**

10 x per 5 week session = \$83  
1x = \$12.00

**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)**

**Session 3: Nov 22 – Dec 17 (4 WKS)**

\*\*No Class Friday, Nov 26\*\*

7x = \$58.10

**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

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](http://WWW.AQUAROBICS.NET)  
PO Box 404 Redmond, WA 98073

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. Returned checks are subject to a \$10 processing fee. Refunds will not be given due to inclement weather conditions. There will be no AM classes if Lake Washington School District is closed or delayed.



## WATERMOTION: Winter 2010

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

**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 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)**

**Session 3: Nov 22 – Dec 17 (4 WKS)**

8x = \$56

### **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

**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.

**GET IN. GET FIT.**

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