



Mercerwood Shore Club

4150 E. Mercer Way
Mercer Island, WA 98040
206-232-1622

1ST CLASS FREE!

CLASS SCHEDULE

Mon, Wed, Fri

7:30 – 8:30 am**

****Summer Schedule: 8-9am**

6/18-9/8**

10x Punch Card

Member: \$77.50

Non-Member: \$87.50

Per Class Drop-In

Member: \$10.00

Non-Member: \$12.00

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.



AQUAROBICS

425-894-0045

Info@aquarobics.net

www.aquarobics.net

No Class

Sept 6-11, Nov 26, Dec 20-31

*No class held if Mercer Island School District is delayed or closed.