



## Summer - Fall 2010

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

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. 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 Bellevue School District is closed or delayed.

### Monday, Wednesday, Friday 9:00 – 10:00am\*\*

**\*\*Summer time change 8-9am (June 21-Aug 30)\*\***

#### **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

#### **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\*\***

Member: 11x = \$71.50 8x = \$52  
Non-Member: 11x = \$88 8x = \$64

#### **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