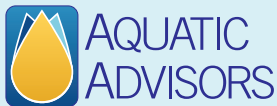




# WATER AEROBICS CLASS

*LOW IMPACT  
NO SWIMMING SKILLS  
NEEDED*



## **CLASS PACKAGES: ONE CLASS PER WEEK**

\$35.00 PER MONTH

## **TWO CLASSES PER WEEK**

\$65.00 PER MONTH

**SESSION 1: JUNE**

**SESSION 2: JULY**

**SESSION 3: AUGUST**

A low impact exciting water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Equipment will be available to borrow for those who do not have their own. Classes will be held at select neighborhoods managed by Aquatic Advisors.

**Each location will offer two one-hour classes per week June-August.**

**FOR MORE INFO 713-609-9489  
[aquaticadvisors.net/aerobics](http://aquaticadvisors.net/aerobics)**