



Summer '10 classes: June 21st – August 14th

Water Fitness Classes

Waters Landing Pools A & B

Shallow Water Workout

Water makes a perfect medium for this low impact but high intensity water exercise class. 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 in water that is chest deep. These exercises are effective and easy to follow. You will work your body **at your own pace** and have **FUN** too!

Pool A: 20,000 Father Hurley Blvd

Tues. / Thurs. mornings 10:00 – 10:45am

June 22 – August 12

16 classes: *\$96.00

*Waters Landing residents pay \$88.00

Pool B: 13501 Waters Landing Drive

Saturday mornings 9:00 – 9:45am

June 26 – August 14

8 classes: *\$48.00

*Waters Landing residents pay \$44.00

Running & Conditioning Water Workout

A high intensity program which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes will be held in both shallow and deep water (flotation belts will be provided) however you do NOT have to know how to swim to participate. This program is of particular benefit to runners and other active exercisers who are looking for a challenging workout to compliment their land based training.

Pool A: 20,000 Father Hurley Blvd.

***Mon. / Thurs. evenings**

8:00 – 8:45pm

***16 classes: \$96.00**

June 21 – August 12

*Waters Landing residents pay \$88.00

** Monday, July 5th's class will be held on Tuesday, July 6th to accommodate a swim meet!*

For more information phone (301) 990-1846

To register please complete below and mail to: "Wet yet Water Fitness 9055 Comprint Ct.
Suite 200 Gaithersburg, MD 20877"

Name: _____ Phone: (H) _____ (W) _____

Address: _____

Email address: _____

Please list the class(es) you wish to attend: _____

Amount Paid: _____ Check #: _____ checks payable to "Wet yet? Water Fitness"