



## SCHEDULE : FALL 2008

### Redmond District Pool

17535 NE 104th  
Redmond, WA 98052  
425-233-3031

**TRY YOUR 1ST CLASS FREE!**

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.

### **EARLY FALL SESSION: OCT 13 NOV 15 (5 WEEKS)**

3 packages to fit your schedule:  
15 x per 5 week session = \$102.00  
10 x per 5 week session = \$68.00  
Per class drop-in = \$12.00  
Classes held Monday, Wednesday, Friday  
7:30 am – 8:30 am\*\*

### **LATE FALL SESSION: NOV 17 DEC 20 (5 WEEKS)**

3 packages to fit your schedule:  
14 x per 5 week session = \$95.20  
10 x per 5 week session = \$68.00  
Per class drop-in = \$12.00  
Classes held Monday, Wednesday, Friday\*  
7:30 am – 8:30 am\*\*



(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.

#### Refunds:

100% refund will be given if you cancel prior to the start of the session. 50% refund will be given if you cancel in the 1st week. No refund will be given after the 1st week. Please call 425-894-0045 with questions regarding refunds. Refunds will not be given due to inclement weather conditions. There will be no AM classes if Mercer Island School District is closed or delayed.

\*No classes 11/28

\*\*If you are interested in a PM class please call for information.