

# AQUAFIT

## WATER FITNESS

CLASSES ARE DESIGNED TO:

- ENHANCE FLEXIBILITY
- IMPROVE OVERALL BODY COMPOSITION
- IMPROVE CARDIOVASCULAR AND MUSCULAR ENDURANCE

NON-SWIMMERS WELCOME

INCLUDES SHALLOW & DEEP WATER EXERCISES

IDEAL EXERCISE FOR ADULTS OF ANY AGE, SHAPE, OR FITNESS LEVEL

PLEASE REFER TO THE POOL SCHEDULE FOR TIMES. CLASS TIMES ARE SUBJECT TO CHANGE

Due to our facility relying heavily on funds generated from private pool rentals, we appreciate your support and cooperation with previous and upcoming schedule changes. These rentals not only help fund our facility, they help provide an opportunity for our area schools to offer instruction to local youth.

	<b>Instructor Lead Fitness</b> Aquafit, Spin, Yoga, Bootcamp				<b>Instructor Lead Fitness Unlimited</b> Aquafit, Spin, Yoga and Bootcamp		
	Drop in	Drop in	10 visits	10 visits		OTSEGO	Non-Resident
	OTSEGO	Non-Resident	OTSEGO	Non-Resident			
Adult	7	9	56	72	Adult 30-day unlimited	100	125
Senior/Vet	6	8	48	64	Senior/Veteran 30-day unlimited	85	105

ALL PUNCH CARDS ARE VALID FOR ONE YEAR FROM THE DATE OF PURCHASE