

AQUAFIT

WATER FITNESS

All Instructors are  **WaterART** Certified
FITNESS INTERNATIONAL

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

Otsego County
Drop In = \$5

Adult:	Senior (60+):
12 Visits = \$45	12 Visits = \$40
24 Visits = \$80	24 Visits = \$65

Out of County
Drop In = \$6

Adult:	Senior (60+):
12 Visits = \$50	12 Visits = \$45
24 Visits = \$90	24 Visits = \$75

ALL PUNCH CARDS ARE VALID FOR ONE YEAR FROM THE FIRST DAY OF USE

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.