

# Aquatic Class

## JANUARY 9th - APRIL 27, 2012

Aquatic Exercise is a great form of non-impact aerobic activity. Aquatics use the resistance of the water to provide a great total body workout while allowing less impact on knees, hips and back—a great alternative for cross training, or anyone who anyone who wants to try something new!

You do not need to be a swimmer to attend H2O BootCamp, but it is recommended that you are comfortable in the water.

Please wear appropriate swim wear and bring water & towel to class (goggles / swim cap are optional). Floatation devices are available upon request.

*If you are a non-swimmer or are concerned about your swimming ability please contact Andrea @ lcl 5522 prior to attending class.*



### **Fitness Class Prices**

**Military No charge**

#### **Drop In:**

CRA Member \$2.50

Non Member \$5.00

#### **10 Punches:**

CRA Member \$18.00

Non Member \$40.00

#### **20 Punches:**

CRA Member \$30.00

Non Member \$80.00



### **H2O BootCamp** **Tuesday 1015-1100**

This 45 minute class will be in the pool using a variety of exercises and the resistance of the water to give you a great total body workout. This class will use both the shallow and deep areas of the pool & exercise intensity can be modified for all individuals.

Instructor: Andrea Fahlman



### ***Lap Swim Anyone??***

#### **POOL HOURS**

*Monday-Friday 1100-1300*

*Monday, Tuesday & Thursday  
1630-1800*

**MINIMUM 3 PARTICIPANTS**