



# Wiltondale Aqua Aerobics 2017

*All classes will be held from 7pm-8pm*



JUNE	JULY	AUGUST
Sunday, June 11	Sunday, July 2nd	Thursday, August 3rd
Thursday, June 15th	Thursday, July 6th	Thursday, August 17th
Thursday, June 22nd	Sunday, July 9th	Sunday August 20th
Sunday, June 25th	Thursday, July 13th	Thursday, August 24th
Tuesday June 27th	Sunday, July 16th	Sunday, August 27th
	Thursday, July 20th	Thursday, August 31st
	Thursday, July 27th	
	Sunday, July 30th	

## **AQUA AEROBICS IS FOR EVERYONE OF EVERY FITNESS LEVEL**

- Water can support up to 90% of the body's weight, which is excellent for those with joint problems or injuries.
- You will experience up to 12 times more resistance in the water than in the air: **THE HARDER YOU PUSH IT, THE HARDER IT PUSHES YOU BACK!**
- You can comfortably stay within the aerobic training zone for extended periods of time: water cools the body more effectively than air and blood flows more efficiently in the water.

Please note: Participants under 16 years of age may participate **ONLY** with permission from the instructor.