



Wiltondale Aqua Fitness 2018

All classes will be held 7pm-8pm



JUNE	JULY	AUGUST
Sunday, June 10	Sunday, July 1	Thursday, August 2
Thursday, June 14	Thursday, July 5	Sunday, August 5
Sunday, June 17	Sunday, July 8	Thursday, August 9
Wednesday, June 20	Thursday, July 12	Additional classes TBD
Sunday, June 24	Sunday, July 15	
Thursday, June 28	Sunday, July 29	

AQUA FITNESS 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.

