

* Studies show that 20 minutes of serious water aerobics burn more fat calories than jogging a mile.

* Studies also show that the harder you push the water, the more resistance the water gives back; therefore you never outgrow the water.

* With less impact on your joints water aerobics is great for injury recovery, arthritis, and many other ailments.



AQUACISE

Classes

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
*5:30a	(*7:45a)	*5:30a	(*7:45a)	*5:30a	(*10:30a)
**7:30a	[#10:30a]	**7:30a	[#10:30a]	**7:30a	
*6:15p	#2:30p	*6:15p	#2:30p	*6:15p	

*Hi-Jam: A high intensity, cardio based aerobics to get your heart rate up, work intervals, and tone muscles.

**Mid-Jam: A mixed intensity class that will get your heart and lungs working while improving your flexibility and using your muscles. Warm or cool water workout.

#Water-Walkers: A warm water, low impact, toning class that uses water resistance to improve balance, flexibility, muscle tone and more. Great for all levels!

(classes) start May 1st [classes] start June 15th

Price

One Class: \$5

Monthly Pass: \$20

For more information on this and other great programs offered please call the Asotin County Family Aquatic Center: 509.758.0110

www.theaquaticcenter.org