

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

2012

*** 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.
*5:30a		*5:30a		*5:30a
**7:30a	#2:30p	**7:30a	#2:30p	**7:30a
*6:15p		*6:15p		*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!

Price

One Class: \$5

Monthly Pass: \$25

Annual Pass : \$180



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

www.theaquaticcenter.org