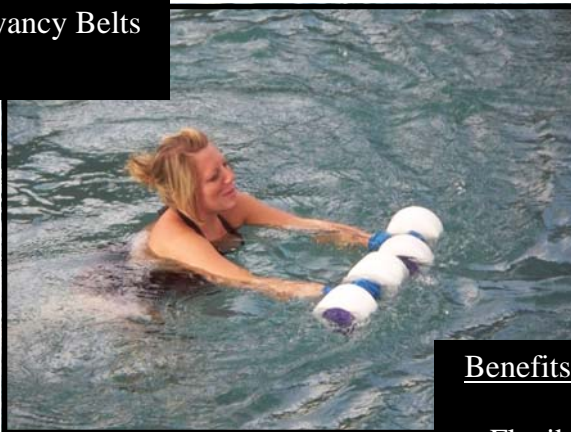


WATER FITNESS

- ~~~Effective No-Impact Workout
- ~~~Interactive Group Setting
- ~~~Cardio Fitness & Body Toning
- ~~~For ALL Ages
- ~~~Fun & Enjoyable
- ~~~Morning & Evening Classes

Equipment

- Noodles
- Weights
- Stretch Bands
- Buoyancy Belts



Benefits

- Flexibility
- Balance
- Strength
- Cardiovascular
- Stress Relief

**For More Information:
922-2240**

MORNING SESSION

**Monday, Wednesday, Friday
9:00am - 10:00am**

<i>Dates:</i>	<i>Cost:</i>
April 19 - April 30	R\$60 NR\$75
May 3 - May 28	R\$120 NR \$150

MORNING SESSION

**Monday, Wednesday, Friday
8:30am - 9:30am**

<i>Dates:</i>	<i>Cost:</i>
June 2 - July 2	R\$140 NR\$175
July 5 - July 30	R\$120 NR\$150
Aug 2 - Sept 3	R\$150 NR\$187.50

EVENING SESSION

**Tuesday & Thursday
4:00pm - 5:00pm**

<i>Dates:</i>	<i>Cost:</i>
April 20 - April 29	R\$40 NR\$50
May 4 - May 27	R\$80 NR \$100
June 1 - July 1	R\$100 NR \$125
July 6 - July 29	R\$80 NR\$100
Aug 3 - Sept 2	R\$100 NR\$125

- Advanced Registration Required
- Drop-In Fee of \$15.00 per Class
- Class Minimum of 3 Participants Required for Each Session