

Starting Tuesday, January 12, 2021 at 12:30pm

Water Aerobics

This is a one-hour class which consists of a warm-up, followed by 3 fitness segments; aerobics, strength along with a cool-down that includes flexibility training. The pool is 4 feet deep and located indoors.

Come enjoy this low impact workout! You will tone and sculpt your body with no impact to your joints! This class is ideal for all fitness levels as it works your arms, legs, and core. It will increase your cardiovascular fitness, tone your muscles, and improve your flexibility level.

Equipment you must bring to each class:



Aqua Hand Weights, Pool Noodle (hollow or solid core) & Water Shoes

****Please wear a face mask upon arrival and during sign-in. You may remove it during class****

Days & Time: Every Tuesday and Thursday at 12:30pm until 1:30pm.

(Arrive 10 minutes early to sign-in and pay.)

Fee Options: Fleet Swimming requires a yearly registration fee of \$20.00.

You can purchase a package of 5 classes for \$50.00. This is a savings of \$25.00

or

You can purchase an individual class for \$15.00.

Packages are nontransferable. You must use a Credit Card to pay for classes. Once packages are purchased, they are good for up to one year from your date of purchase. If you have any questions about the class, please email

Rita Mroczenski at fleetaerobics@fleetswimming.com.

All billing and registration questions can be addressed with the office.



Fleet FIRST Contact Info.

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