

Winter, 2012 classes:
Tuesday, Jan. 17 – Thursday, March 22



Water Fitness Classes

Quince Orchard Swim & Tennis Club

16601 Roundabout Drive, Gaithersburg, MD 20878

NO MEMBERSHIP REQUIRED * ALL EQUIPMENT PROVIDED * CERTIFIED INSTRUCTORS

Deep Water Workout

This water fitness program is held in the diving well of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts and Styrofoam barbells (*both available at pool*) to perform a variety of motions including water walking and running, abdominal work and toning exercises. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. Register early. *Class size will be limited.*

Monday / Wednesday (1/18 – 3/21) #34358 <i>No class Monday, Feb. 20th</i>	10:45 – 11:30am	18 classes: \$104.00
Monday / Wednesday (1/18 – 3/21) #34359 <i>No class Monday, Feb. 20th</i>	6:30 – 7:15pm	18 classes: \$104.00
Tuesday / Thursday (1/17-3/22) #34353	11:30am – 12:15pm	20 classes: \$116.00
Tuesday / Thursday (1/17 – 3/22) #34355	7:00 – 7:45pm	20 classes: \$116.00
Sunday (1/22 – 3/18) #34357	10:00 – 10:45am	9 classes: \$54.00

Deep Water Running/Conditioning

A no-impact and high intensity program which emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the diving well of the pool and participants will use flotation belts. No swimming skills are necessary. This program will be of particular benefit to runners, triathletes, and other active exercisers who are looking for a challenging workout to complement their land based training, or who are coming back from a layoff and are looking for a vigorous, no impact alternative to regaining conditioning. Class size is limited.

Monday / Wednesday (1/18 – 3/21) #34406 <i>No class Monday, Feb. 20th</i>	7:30 – 8:15pm	18 classes: \$104.00
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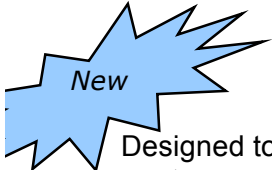
Shallow (chest-deep) Water Workout

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. Water walking of various speeds and styles is included in this class.

Monday / Wednesday (1/18 – 3/21) #34347 <i>No class Monday, Feb. 20th</i>	9:45 - 10:30am	18 classes: \$104.00
Tuesday / Thursday (1/17 – 3/22) #34348	9:30 – 10:15am	20 classes: \$116.00

See next page for more programs!





New

Shallow Water Walking

Designed to strengthen flexibility, muscle tone and range of motion, this class is perfect for anyone who wants or needs the benefits of walking without the stress on muscles and joints. No swimming skills are needed to participate. The instructor will lead participants in various styles and speeds of walking through water that is chest deep to work all parts of the body. Styrofoam barbells and other equipment are provided.

Tuesday / Thursday (1/17 – 3/22) #34346 **10:30 – 11:15am** **20 classes: \$116.00**

One-On-One Aquatic Training

Trainer Marcy Thorner will create a thorough regimen designed to help you meet your individual fitness goals. Marcy will be able to address your specific challenges and help you improve in areas of mobility, balance, stamina and muscle toning. Whether for yourself or a loved one who may be struggling following surgery or disability, *Wet Yet's* flexible personal training program may be just what the doctor ordered for a gentle return to physical activity. (This program is not a City of Gaithersburg sponsored program and therefore does not qualify for the City of Gaithersburg Senior Discount.)

Fees for the One-On-One Aquatic Training are determined on an individual basis. Please contact Nancy at 301-990-1846 for more information.

Classes are sponsored by the City of Gaithersburg Department of Parks, Recreation and Culture

Senior citizens who are residents of the City of Gaithersburg will receive a discount on enrollment. Please contact Programs Supervisor, Denise Mornini at (301) 258-6350 or dmornini@gaithersburgmd.gov with questions. Participants registering through the City of Gaithersburg can register online at www.gaithersburgmd.gov/classes or make checks payable to: "City of Gaithersburg".

A "City of Gaithersburg Registration Form" MUST be completed to use this discount. Forms available online (above address) or with Instructors. **Phone Instructor Nancy Brouillette at (301) 990-1846 or the City of Gaithersburg at (301) 258-6350 for more information.**

Questions? Contact Nancy at 301-990-1846 or email at info@wetyetwaterfitness.com

**To register through Wet Yet Water Fitness please complete form below and mail to:
Wet Yet? Water Fitness, 9055 Comprint Court, Suite 200, Gaithersburg, MD 20877**

Note: NO CITY OF GAITHERSBURG REGISTRATION can be accepted using the form below. This form is for registration through Wet Yet Water Fitness only. Thank you!

Name: _____ Ph: (H) _____ (W) _____

Address: _____

Email address (optional): _____

Amount paid: _____ Check#: _____

Class days and times: _____

Checks payable to "Wet yet? Water Fitness"