



Aqua Bootcamp!!!!



Asbury Wellness Center Swimming Pool
409 Russell Ave., Gaithersburg

This vigorous class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed in water that is chest deep and no swimming skills are needed to participate. Regardless of your age, size, or fitness level, you can achieve very noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! Aqua Boot Camp can be an excellent workout for those whose schedules allow just one day a week to attend. Or, it can be a wonderful addition to participating in other fitness programs. One thing is certain – you will have a blast!

Thursdays #34345 (1/12- 3/22) 5:30 – 6:15pm
11 classes: \$70.00

Sundays #34344 (1/22 – 3/18) 10:00 – 10:45am
9 classes: \$59.00

Questions?

Please call Nancy at 301-990-1846 or visit us on the web at:
www.wetyetwaterfitness.com

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 50% discount on enrollment. The Senior Discount fees for the above classes are as follows:

Regular Price: \$70.00, Senior Discount \$35.00.

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

To register please complete form below and mail to:

Wet Yet? Water Fitness, 9055 Comprint Court, Suite 200, Gaithersburg, MD 20877

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

Address: _____

Email address (optional): _____

Amount paid: _____ Check#: _____ Class #: _____

Checks payable to "Wet yet? Water Fitness"

