

Winter '12 classes: **January 9 – March 16** (30 classes)



Water Fitness Classes

**Drop in or
Join ANYTIME**

**Congressional Country Club
Water Exercise Classes**

**Mondays, Wednesdays, Fridays
10:40 – 11:30am**

Deep Water Workout

This water fitness program is provided by the **Wet yet? Water Fitness Company** specifically for the members of Congressional Country Club. Classes are held for 50 minutes in deep water and provide a no-impact but challenging cardiovascular workout. Participants will use flotation belts (available for purchase from the instructor starting at \$25.00 – depending upon brand) 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.

Price:	One time per week:	\$100.00	(10 classes)
	Two times per week:	\$180.00	(20 classes)
	Three times per week:	\$240.00	(30 classes)

Drop – in fee: \$ 15.00 (per class)

More Information? Phone Nancy at (301) 990-1846

www.wetyetwaterfitness.com

CCC Win 2012

prior to the session beginning !

Name: _____

Address: _____

Phone: (H) _____ (W) _____

Email: _____

Please mail to:
Nancy Brouillette
9055 Comprint Court
Suite 200
Gaithersburg, MD 20877

Please check one: 1 X week _____ 2 X's week _____ 3 X's week _____ Flotation Belt needed: _____
Checks payable to "Wet yet? Water Fitness"