

## News From Nancy

As the summer winds to a close, we instructors at Wet Yet want to sincerely thank all of our students for making our summer classes such a success. We appreciate that you braved the 100+ degree days and crazy, erratic thunderstorms to attend your classes! I think the “prize” goes to the class at The Kenwood Condominium Pool, where the temperature on the pool deck one day hit 120 degrees! Or maybe it was the Whetstone Deep Water class, which didn’t miss a single night despite the frequent ominous and threatening skies looming above during class. Speaking seriously though, I feel that ALL of the classes deserve praise! Well done!



All this talk of crazy weather leads me to think ahead to the Fall. I want to remind students who attend classes at Quince Orchard to listen carefully for any WIND ADVISORIES. When a wind advisory is predicted, it may affect classes as the wind can damage the pool’s cover. We sure don’t want the “bubble” to blow down. In this situation, it is best to call Quince Orchard directly to check the class status. The phone number is 301-948-3116. But wait, there’s more...

## New Faces for Wet Yet!

We have some new instructors joining us this Fall!

**Tracy Spencer**, one of our longtime students, successfully completed the Wet Yet Water Fitness Instructor Training Program last Spring. She taught her first session this summer and did a wonderful job juggling both shallow and deep water moves in her classes. This Fall, Tracy will be teaching shallow water classes at Columbia Country Club and the Rockville Municipal Swim Center. Welcome aboard, Tracy!

An instructor who has been with Wet Yet in the summers only is now joining us for Fall classes as well. **Emily Matusek** has led the Thursday night deep water classes in Montgomery Village and the Tuesday night shallow water classes at Mill Creek Towne for the last two summers. She will be bringing her experienced, lively moves and big smile to the Rockville Municipal Swim Center on Monday mornings at 9:15am.

Also joining our group is **Sherry Howard**, who kicked off the very successful Manchester Farm shallow water class this summer. Sherry has a very busy schedule. She currently teaches shallow water classes and Muscle Challenge at the Healthtrax Club in Germantown along with Spin, Body Sculpt, and High Intensity Training at a number of other area locations. Look for her at Quince Orchard on Wednesday mornings at 9:45am!



[www.wetyetwaterfitness.com](http://www.wetyetwaterfitness.com)

## Wet Yet? Newsletter Issue 5 Sept. 2011

In other instructor news, **Deb Moran**, who teaches the very popular Aqua Bootcamp classes at Quince Orchard and Asbury, had serious knee surgery at the beginning of the summer... For all who sent her well-wishes thank you very much. You’ll be happy to know that she is on the mend, back teaching, and looking forward to sharing some hard-driving Bootcamp classes this Fall!



**Nancy Brouillette**, who teaches many types of classes, was certified this summer by Body Training Systems (BTS) in Group Step. This follows her January certification by BTS in Group Power, a choreo-graphed weight

training program. If you want to venture out of the pool and onto land give Nancy a call.

**Charo Lozano Basta** will be teaching a new program, AQUA LATIN DANCE, on Tuesday and Thursday mornings at 10:30am at Quince Orchard. If you’ve ever taken a class with Charo, you know she has a certain “spark” to her teaching that will make her the perfect instructor for this class! Be sure to check it out. You do not have to have a dance background to participate. As we say on our flyer, “This class is MUCHO fun!”

## Fit Tips\*

According to the British Journal of Sports Medicine, 12 is the number of years added to your life expectancy if you perform regular moderate to intense cardio workouts.

\*Special thanks to Functional Fitness Facts at <http://www.functional-fitness-facts.com/>

## Wanted: New *Wet Yet?* Instructors!

Do you know anyone who you think would make a good instructor? Maybe it's even you, yourself! *Wet Yet?* is always on the lookout for class leaders who are confident, dynamic, and love to promote health and fitness. Please call or email Nancy for more information. *Wet Yet?* will likely be running an instructor training course again this Fall.

## Free Class Coupon

**W**e want to invite your friends to try our classes. See the coupon below for a FREE class. Please pass this on to one of your friends who you think might enjoy a giving us a try.



Try one of our classes  
**FREE!**

This offer is for NEW students only.

Student's name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Date: \_\_\_\_\_

Class attended: \_\_\_\_\_

Location: \_\_\_\_\_

Questions? Please call Nancy at (301) 990-1846

Valid for classes held at the following locations: Quince Orchard Swim & Tennis, Asbury Methodist Village, and Chevy Chase.

## The *Wet Yet?* Advantage:

- ✓ **Free preview class:** Not quite ready to commit without giving it a shot first? **Check out a single class for no charge at certain *Wet Yet?* class locations.** Contact Nancy for more information.
- ✓ **Drop-in classes:** Sample a class you haven't tried, check out a different instructor, bring a friend! most *Wet Yet?* classes are available on a drop-in basis for a fee of \$6 to \$8 (varies by location).
- ✓ **Equipment provided:** You're welcome to bring your own barbells, noodle, or floatation belt if you prefer, but *Wet Yet?* provides all necessary class equipment.
- ✓ **Locations throughout Montgomery County:** From Rockville to Gaithersburg along the I-270 corridor.
- ✓ **Something for Everyone:** Water exercise from light & easy to vigorous and challenging; high, low, or non-impact; from teens to seniors.

## Class Registration Information:

1. Pick up class registration forms at any class location, or
2. Log onto [www.wetyetwaterfitness.com](http://www.wetyetwaterfitness.com), or
3. Call me (Nancy) at 301-990-1846, or
4. Email me (Nancy) at [info@wetyetwaterfitness.com](mailto:info@wetyetwaterfitness.com)

Check the Fall schedule for dates and times:  
<http://wetyetwaterfitness.com/>

Look for us on FACEBOOK:  
<http://www.facebook.com/pages/Wet-yet-Water-Fitness/187958421243967>



Wet Yet instructors all cleaned up and enjoying a staff lunch at Clyde's Tower Oaks.