



# AQUATIC FITNESS CLASSES AT SHADOW BROOK

Aqua Cardio & Toning Interval Workout For All Ages

Each 60-minute session includes stretching/warm-up, cardio and toning intervals, core training and cool down. Lose weight and tone up with a low-impact workout in a non-judgmental environment. You do not need to know how to swim or to submerge your face, and can wear whatever aquatic clothing is comfortable for you.

Wearing aqua shoes is encouraged. (Aqua gloves optional for more resistance.)

Tuesdays & Thursdays: 9:45 – 10:45 am

NEW CLASS ADDED – Fridays: 9:00 – 10:00 am

## NOVEMBER SCHEDULE

NO CLASS ON THANKSGIVING

FULL SESSION – \$12 each class (when paid at beginning of month)

3 classes per week – 12 classes – \$144

2 classes per week – 8 classes – \$96

PARTIAL SESSION – \$15 per class (when paid at beginning of month)

DROP-INS – \$20 per class

If sending monthly fee via Venmo, please send to Amy

If paying drop-in fee via Venmo, please send to instructor teaching class

@Amy-Raczkowski-1

@Darlene-Vossbrinck

Please contact us before attending first class  
or with any questions.



**Amy Raczkowski** 408-386-9600 | amyraz@comcast.net  
**Darlene Vossbrinck** 408-420-5916 | dvossbri@gmail.com

Aquatic Exercise Assoc. and Red Cross CPR/AED Certified Instructors