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AEA and Red Cross CPR/AED Certified Instructors

OCTOBER 2024 PRICING INFORMATION

SHADOW BROOK AQUATIC FITNESS CLASSES

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.)

October 1 – 31

Tues & Thurs

9:45 – 10:45 am

10 classes – 60 min each

Cost – \$120

\$12 each class – Full Session when paid at beginning of month

\$15 each class – Partial Session when paid at beginning of month

\$20 each class – Drop-ins

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.