



Come on Everybody!

It's **FUN** It's **HEALTHY**
It's **INVIGORATING**

The only hard part is remembering to bring your towel...

Water Exercise Classes

A low impact but high intensity water aerobics class where no swimming skills are needed. Exercises are performed in shallow (chest-deep) water. This class is designed to improve strength, tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

YOU WILL BE SO GLAD YOU CAME!

FREE for Mill Creek pool members

Tuesdays 8:00 – 8:45pm

Classes June 18 – Aug. 6, 2013

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

For information on all of our classes please visit our web page:

www.wetyetwaterfitness.com