



# Evening Fitness Challenge

**Tuesday & Thursday**

**7:30 - 8:15 p.m.**

**45-minute fitness challenge**

**8 weeks**

**June 14 - August 2**

*\*No class 7/3*

Classes will include:

- lap swimming (front, back and breaststroke)
- treading
- water running
- water aerobics/muscle training

\$85 pool members

\$95 non-members

*Payment due before start of first class*

**\*We recommend that you bring a towel, water bottle and a pair of goggles.**



*Fill out the form below and return to the pool. Please include payment with form - checks payable to Splash Aquatics, LLC.*

Name \_\_\_\_\_ Evening Fitness T/Th Session (6/14 - 8/2)

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please check one:**

Pool member \_\_\_\_\_ Fee \$85      Payment: cash \_\_\_\_\_ OR check # \_\_\_\_\_

Non-member \_\_\_\_\_ Fee \$95      Payment: cash \_\_\_\_\_ OR check # \_\_\_\_\_