



Adult Evening Fitness Challenge

Tuesday & Thursday

7:30 - 8:15 p.m.

45-minute fitness challenge

16 sessions

June 15 - August 5

(weather related cancellations will be rescheduled by instructor)

Classes will include:

- lap swimming
- treading water
- water running
- water aerobics
- muscle training
- flexibility

Fee: \$225 pool members / \$240 non-members

OR

\$12 per session pool members / \$15 per session non-members

Payment due before start of your first class

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

Registration in the Splash Aquatics swim program waives all liability for Splash Aquatics, LLC & Peppertree Farms



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 Sessions (6/15 - 8/5)

Phone _____ Email _____

Fee \$ _____ OR \$12 x _____ sessions Payment: cash _____ OR check # _____

Splash Aquatics, LLC • PO Box 972 • Palatine, IL 60078 • kim@swimwithsplash.com • 847-302-SWIM

Classes held at Peppertree Pool: 101 E. Dundee Road, Palatine, IL 60067