



AQUA FITNESS FALL/WINTER STARTS OCTOBER 1, 2011

**A great full body workout
without the stress involved with
land fitness!**

**We welcome the 55+ nonmember
clients to all Aqua Fitness classes at
special rate of \$10 or
\$5 for IV Pass Holders**



- Refreshing Workout
- Aerobic Workout that Strengthens the Cardiovascular System
- Increase Flexibility
- Improve Strength and Endurance
- Tone your Muscles

MONDAY 7:00 LIQUID CARDIO 9:30 COMBO	TUESDAY 9:30 COMBO 10:45 H2O BASICS	WEDNESDAY 7:00 LIQUID CARDIO 9:30 COMBO	THURSDAY 9:30 COMBO 10:45 H2O BASICS	FRIDAY 7:00 LIQUID CARDIO 9:30 COMBO	SATURDAY 9:30 COMBO
--	---	---	--	--	-------------------------------

*All Aqua Fitness Classes are held in the morning and
are 55+ Friendly drop-in rate eligible (see details above)!*

**FREE to Incline Village Recreation Center members
IV Recreation Center, 980 Incline Way, Incline Village
For more information call (775)832-1300
www.inclinerecreation.com**