

WATER AEROBIC CALENDAR

CLASSES FOR JANUARY 3 - FEBRUARY 18 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am		SENIOR MASTERS SWIM WORKOUT <i>(Complimentary)</i>			ADULT LESSONS <i>\$20 for 30 minutes</i>	
8:30am	RIVER AEROBICS <i>(Complimentary)</i>		RIVER AEROBICS <i>(Complimentary)</i>		PRIVATE COACHING <i>(Hourly by Appt)</i> \$35 Memb / \$50 Non-Memb	
9:30am	DEEP WATER <i>(Complimentary)</i>	AF (ARTHRITIS/FIBROMYALGIA) <i>(Complimentary)</i>	WATER AEROBICS <i>(Complimentary)</i>	AF (ARTHRITIS/FIBROMYALGIA) <i>(Complimentary)</i> SENIOR MASTERS SWIM WORKOUT <i>(Complimentary)</i>	WATER AEROBICS <i>(Complimentary)</i>	AQUA BOOT CAMP <i>taught by a variety of WaterART Instructors</i>
10:30am					DEEP WATER <i>(Complimentary)</i>	
11:30am			MASTERS WORKOUT <i>10 visits</i> <i>Memb \$25 / Non-Memb \$49</i>			
5:30 PM	KICKBOX H2O <i>taught by Kristin</i>	DEEP WATER BOOT CAMP <i>taught By Shelbe</i>	RIVER AEROBICS <i>(Complimentary)</i>			

Please register in advance at the Welcome Desk for the following classes:

Boot Camp: Members \$17.50 / Non-Member \$35

Deep Water Boot Camp: Members \$17.50 / Non-Member \$35

Kickbox H2O: Members \$17.50 / Non-Member \$35

Private Lessons, Adaptive Aquatics and Aquatic Rehabilitation are available by appointment only.

Contact Terri Leesat 816-412-6841 or talees@nkc.org



