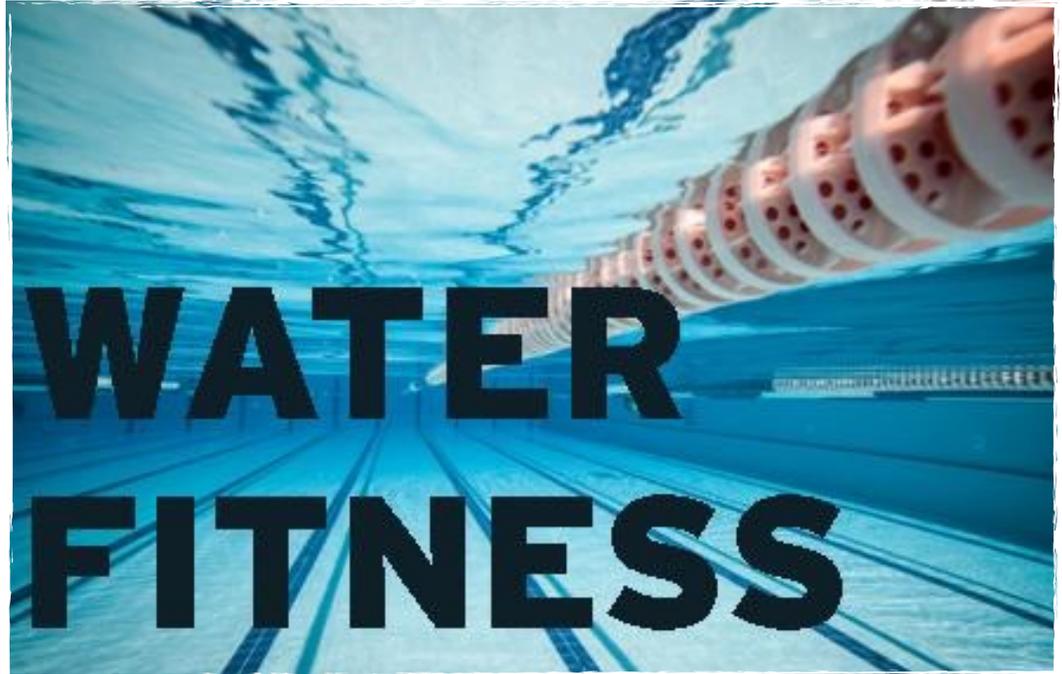




**THIS  
WATER  
WORKOUT  
WORKS  
WONDERS**



**5 CLASSES      \$40  
10 CLASSES    \$70**

## **Aqua Fitness**

**Tue. 7:45-8:30AM**

- Splash into a class of cardiovascular and muscular conditioning in the shallow end of the pool. Training equipment will be used, and is provided. This class varies from class to class. You will always get a great workout. \*Beginner to Intermediate levels recommended.

## **AQUA BOOT CAMP**

**Thur. 7:45-8:30AM**

- A more intense full body workout that emphasizes agility, strength, and speed. Prepare for fast, and powerful movements that will tone your muscles and increase your cardio! Dry-land training will be mixed in, when weather permits. No swimming skills required! Participants may choose to wear clothing over a bathing suit and/or wear water shoes. \*Intermediate to Advanced levels recommended.

5 Classes Punch Card	\$40
10 Classes Punch Card	\$70
Single Class Drop In	\$10

\*All sales on passes are final. No Refunds. Passes never expire and are transferable. All classes start July 18th.

### **\*Ways To Register\***

\* [boerneswimming.com](http://boerneswimming.com)>Programs>Fitness Classes

\* Come to a class 15 minutes early

\* [blaine@aquaswiftaquatics.com](mailto:blaine@aquaswiftaquatics.com)

\* (830) 446-2697