

# WATER AEROBICS



**Daily Prices**  
For ages 14 and older  
only:  
\$4.50

**Monthly Prices:**  
For ages 14 and older  
only:  
\$45

**Season Prices:**  
For ages 14 and older  
only:  
\$75

### Class Schedule and Instructors

Monday 7-8am	Tuesday 7-8am	Wednesday 7-8am	Thursday 7-8am	Friday 7-8am
Strength Intervals	Weight Toning	The works	Power Hour	Power splash
With: Sandee	With: Charity	With: Sandee	With: Michelle	With: Michelle
		6:30-7:30pm Interval Training With: Charity		*please note that no classes will be held on Holidays due to limited hours.

**Strength intervals:** get that heart pumping, build your strength and never get board with our Strength intervals class, this class is part shallow and part deep water.

**Weight Toning:** get toned with this great workout, this class is shallow.

**Power Hour:** High Endurance workouts that are sure to make you sweat! This class is all deep water.

**Power splash:** You bring your best self and push through each station. Deep and shallow water.

**Get your class pass before each class from the front desk!**

**Phone Number: (385) 468-1362**  
**Address: 12765 South 1125 West Riverton UT, 84065**