

Aqua Fitness

at

Big Bend Wood Bath and Tennis Club

Aqua Fitness will help you build your cardio endurance, sculpt your tummies, legs, glutes and arms while you are having fun! I promise to deliver a dynamic workout for your entire body and meet your fitness goals!

Aqua Fitness makes getting in shape so much fun!

To Register, Call or Email Chris Williams at 636-226-4999 or williams5@charter.net

**7 WEEK SESSION BEGINS JULY 19, 2010
MONDAY 9:30 AM AND WEDNESDAY 8:30 AM
\$63 FOR ONE DAY A WEEK OR \$126 FOR BOTH DAYS**

If you haven't tried it... you need too!