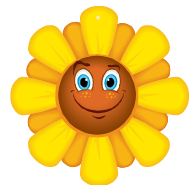
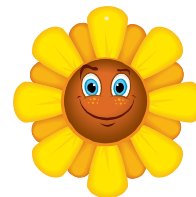


Look what's at the IC.....

Aqua Aerobics



Spring 2011



Come and enjoy the benefits of a low impact work-out without the stresses on your joints and muscles! This program will allow you to move freely and have greater range of motion while raising your heart rate to reap the benefits of cardiovascular exercise. An invigorating program suitable for a variety of ages and abilities!

Tuesdays & Thursday's

9:30-10:20 am

May 10 – June 23

Members ~~ \$145 or \$13

Aqua Aerobics

Spring 2011

May 10 – June 23

Name _____ **Age:** _____ **Member: Y N**

Address: _____ **Phone:** _____

Check#: _____ **Cash:** _____ **CC:** _____

I hereby certify that I, the undersigned, am aware of the strenuous nature of this activity and its inherent dangers and have consulted with my physician before beginning this class. **Signature:** _____

Please submit with payment to IC Athletic Department

