



AQUATIC FITNESS CLASSES FOR ALL FITNESS LEVELS

Shadow Brook Swim Club

1079 Shadow Brook Dr, San Jose, CA 95120

WHETHER YOU ARE A BEGINNER OR A SEASONED FITNESS BUFF—THIS IS THE CLASS FOR YOU!!! Shallow and Deepwater available

Combines Cardio, Resistance/toning, and Stretch to Maximize Results

Tuesday/Thursday 9:45 am – 10:45 am – Shadow Brook Swim Club

Tuesday July 19th thru Tuesday July 28th, 2022

4 classes in July session.

Cost: \$40 - Payable in Advance – Cash or Venmo Appreciated

Drop-in Fee \$15

(Venmo @Sandra-Marie-Escamilla)

27 YEAR AQUATIC EXERCISE ASSOCIATION (AEA) CERTIFIED

CPR/First Aid Certified

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Questions, please call or email - 408-205-8363

PLEASE RESPOND IF YOU WILL BE ATTENDING - MIN. 5 PARTICIPANTS REQUIRED