



AQUATIC FITNESS CLASSES FOR ALL FITNESS LEVELS

Shadowbrook 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 – Shadowbrook Swim Club

September 8th thru Tuesday September 27th, 2022

8 classes in September session.

Cost: \$80 - 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

sandra.godsdivinecreation@comcast.net

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

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