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AEA and Red Cross CPR/AED Certified Instructors

NOVEMBER 2023 PRICING INFORMATION

SHADOW BROOK AQUATIC FITNESS CLASSES

Aqua Cardio & Toning Interval Workout For All Ages

10 minutes rhythmic stretching/warm-up, 30 minutes cardio and toning intervals,

10 minutes core training and cool-down, 10 minutes stretching.

Lose weight and tone up with a low-impact workout in a non-judgmental zone.

November 2 – 30

Tues & Thurs · 9:45 – 10:45 am

8 classes – 60 min each

No class on Thanksgiving

Cost – \$80

\$10 each class – Full Session when paid at beginning of month

\$13 each class – Partial Session when paid at beginning of month

\$15 each class – Drop-ins

If sending monthly fee via Venmo, please send to Amy

If paying drop-in fee via Venmo, please send to instructor teaching class

@Amy-Raczkowski-1

@Darlene-Vossbrinck

Please contact us with any questions.