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AEA and Red Cross CPR/AED Certified Instructors

JANUARY 2024 PRICING INFORMATION

SHADOW BROOK AQUATIC FITNESS CLASSES

Aqua Cardio & Toning Interval Workout For All Ages

Each 60-minute session includes stretching/warm-up, cardio and toning intervals, core training and cool down. Lose weight and tone up with a low-impact workout in a non-judgmental group.

You do not need to know how to swim or to submerge your face,
and can wear whatever aquatic clothing is comfortable for you.

January 4 – 30

Tues & Thurs · 9:45 – 10:45 am

8 classes – 60 min each

Cost – \$96

\$12 each class – Full Session when paid at beginning of month

\$15 each class – Partial Session when paid at beginning of month

\$20 each class – Drop-ins

(Please note slight increase in class price for the 2024 calendar year.)

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.