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AEA and Red Cross CPR/AED Certified Instructors

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

April 2 - 30 (No Class April 4)  
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

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 before attending first class or with any questions.