

EVENING AQUAFITNESS CLASS

Classes offered Year-Round

MONDAYS 6:00P - 6:45P

WEDNESDAYS 6:00P - 6:45P

AquaFitness classes incorporate cardio, strength training and stretching for an all body workout. Increase your metabolism, build muscle tone and strength, improve balance and relieve tension - all with pain-free, no-impact movements.

Whether you are new to AquaFitness, looking to start a new healthy, active lifestyle or simply adding another activity to your fitness regimen, AquaFitness classes are for you!!!



The Water's Edge Aquatic Center, 545 John Street, Bensenville, IL 60106
(630) 766-8888 www.bensenville.il.us

EVENING AQUAFITNESS CLASSES

2020 SEASON OFFERINGS

Winter 1: January 6th, 2020 to February 12th, 2020

Winter 2: February 24th, 2020 to April 1st, 2020

Spring: April 13th, 2020 to May 20th, 2020

Summer: June 29th, 2020 to August 5th, 2020

Back to School: August 17th, 2020 to September 23rd, 2020

Fall: October 5th, 2020 to November 11th, 2020

DAY/TIME/PRICING

Mondays - 6:00p to 6:45p

Resident \$45.00/Non-Resident \$55.00

Wednesdays - 6:00p to 6:45p

Resident \$45.00/Non-Resident \$55.00

5% Amusement Tax included in above pricing. This is NOT a school sponsored event.

Evening AquaFitness Classes are NOT included in the Water's Edge Aquatic Center Yearly Membership. Classes must be registered and paid for prior to the start of 1st week of class. No pro-rating offered. Each class offering must have a minimum of six (6) participants enrolled in order for class to run.