

"Aquacise" Fitness Class



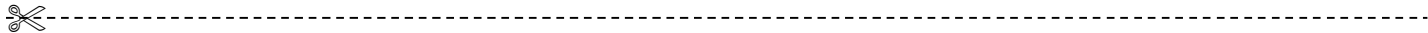
Please complete this registration form if you wish to participate in Aquacise. Dance Fitness, Ai-Chi Water, and Water AM fitness classes will remain using the punch card method.

REGISTRATION FORM AND FEES: Complete and detach the registration form below and return with appropriate registration fee or register online. Internet registration can be found at www.wahooparksandrec.com.

CLASS MINIMUM: A minimum of 10 people must be registered by March 2nd for the class to be held. If this criteria is not met, refunds will be issued.

PROGRAM FORMAT: Class will meet once per week at 6:00pm on the following Mondays: 3/9, 3/16, 3/23, 3/30, & 4/6. If enough interest exists, an April/May session will be added. Contact Bob Schmidt via email at: schmidt@wahoo.ne.us if you are interested in this additional class/session.

CLASS DESCRIPTION: Aquacise is a low-impact class held in the Civic Center pool that will focus on the core and will include activities incorporating muscle strengthening and balance exercises using the resistance of the water along with water dumbbells and pool noodles (all equipment will be provided). It will be held in the 'shallower' end of the pool accompanied by upbeat music! This is a great workout that delivers minimal impact on the joints yet provides great toning! All fitness levels as well as non-swimmers are welcome!



REGISTRATION FORM – Aquacise (Session #3 – March 9th – April 6th)

Participant's Name _____ Address _____ City/Zip _____

Primary Phone _____ Email Address _____

How did you hear about this class? _____

In order to take advantage of the member rate, the participant must have a current Civic Center membership.

Please indicate the fee you are paying by circling the appropriate box.

If mailing, return registration form to:
Wahoo Parks and Recreation
310 North Linden
Wahoo, NE 68066

CLASS	MEMBER	NON-MEMBER
Aquacise	\$17.50	\$25

(Note: Sales tax will be added to the above rates.)

Date Pd. _____		Cash <input type="checkbox"/> Check <input type="checkbox"/> Chk. # _____		FOR OFFICE USE ONLY		Credit Card <input type="checkbox"/> Amount Pd. _____		Staff Member _____	
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