



WATER AEROBICS!!

Every Wednesday & Saturday, 10 am – 11 am, June 12 to Aug 17

Full season (20 classes), \$150 members, \$175 non-members
Partial season #1 (up to 15 classes), \$125 members, \$150 non-members
Partial season #2 (up to 10 classes), \$100 member, \$125 non-members
Walk-in: \$13/class member, \$15/class non-member
(No refunds for inclement weather)

Join us to increase: **Muscular Endurance, Flexibility, Core Strength and Balance**

Classes will be a fusion of high energy aquatic workouts, powerful mix of cardio and strength training interspersed with fluid movement incorporating elements of Pilates and Yoga. All fitness levels are encouraged to participate.

Classes will be taught by Jan Gallaway. Jan is an ISCA Group Exercise Certified Instructor. She has been participating in life as an athlete for decades!

Join the fun and Dance to the Music with Jan Gallaway. "Movement is the key: move it, shake it, bend it, and twist it." With a sense of humor and a zest for life, Jan will have you in tip top shape by summers end.

Questions? Contact Carly Beer at swimteam@bowerhillpool.com



Water Aerobics Registration

Make checks payable to Bower Hill Swim Club and Mail with this form to:

Bower Hill Swim Club, P.O. Box 13117, Pittsburgh, PA 15243

Parent Contact Name _____

Home Phone _____ Cell phone _____

E-mail _____

Full season: _____

Partial season #1: _____

Partial season #2: _____

Please list any medical condition or allergies. _____