



## WATER AEROBICS!!

Every Friday and Sunday, 11 am – 12 pm  
July 5 to Aug 14

Season Package : \$120 Members only  
Walk-in: \$15 Members only  
(No refunds for inclement weather)

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

All fitness levels are encouraged to participate.

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

Questions? Contact Carly Beer at [swimteam@bowerhillpool.com](mailto: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

Contact Name \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
E-mail \_\_\_\_\_

Full season: \_\_\_\_\_ Walk In: \_\_\_\_\_

Please list any medical condition or allergies. \_\_\_\_\_