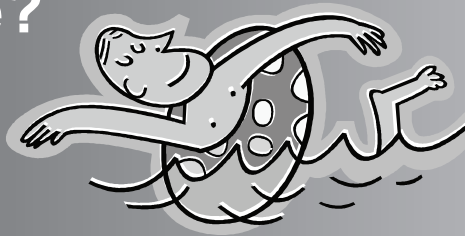


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Trying to juggle a new baby,  
responsibilities and finding time  
to exercise?



Babysize is a water exercise program designed to promote parent & tot bonding with fun and fitness! Bring your baby for a workout and meet other parents.

Maximum of 1 baby / adult please.  
Approved swim diapers required.  
Baby floats are provided.

WINTER

Tuesday/Thursday	January 31-February 23	9:45-10:30 am	17767	\$50.00
Tuesday/Thursday	February 28 - March 22	9:45-10:30 am	17768	\$50.00

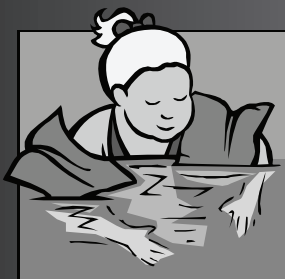
SPRING

Tuesday/Thursday	May 1 - May 24	9:45-10:30 am	17906	\$50.00
Tuesday/Thursday	May 29 - June 21	9:45-10:30 am	17907	\$50.00

FALL

Tuesday/Thursday	September 11 - October 4	9:45-10:30 am	18282	\$50.00
Tuesday/Thursday	November 20 - December 13	9:45-10:30 am	18283	\$50.00

# aquatic boot camp



Did you know that water is 13% more dense than air; therefore you receive a greater workout than on land. Not to mention water workouts are easier on your joints and keeps your heart rate better regulated.

Monday	January 30 - March 19	5:30-6:30 pm	18466	\$43.75 (7)
Monday/Wednesday	April 2 - April 30	5:30-6:30 pm	17903	\$50.00 (8)
Monday (Beginner)	November 5 - December 19	5:30-6:30 pm	18279	\$43.75 (7)
Wednesday (Advanced)	November 7 - December 19	5:30-6:30 pm	18532	\$43.75 (7)