

Islamorada, Village of Islands
Founders Park
Presents:

AquaFIT

A Water Aerobics Plus Program

Begins Friday, September 11, 2009

This one hour Water Aerobics Class will meet:
Mondays, Wednesdays, & Fridays
9am-10am

Cost

Residents: \$5.00 per Class or
\$50.00 per month (12 Classes)

Non Residents: \$6.00 per Class or
\$55.00 per month (12 Classes)

Class Includes:

Warm Up
Cardio

Strength Training

Cool Down & Stretching

Plus* Muscular Endurance, Balance, & Equilibrium!

What to Bring: Water Friendly Shoes, Bottled Water,
Water Proof Sunblock, & Noodle. Hats are welcome!

Certified Aqua Fitness Instructor Ken Schryver
Contact: Phone 305-942-8005

Sign Up NOW at
Founders Park Aquatic Center
305-853-1685

