



**HAVE FUN & GET HEALTHY WITH...**

# **DEEP WATER AQUATICS**

4-WEEK, 8-CLASS SESSION

BEGINNING THURS, NOV 2 • 8:30 A.M.

CLASS LIMIT: 12 | FEE: \$40

Join Woodie Terrell for this intermediate fitness level deep water aerobics class. Participants will be provided with flotation belts. Class participants must be comfortable in deep water.

CLASS DATES: THURS, 11/2 | TUES, 11/7 | THURS, 11/9 | TUES, 11/14  
THURS, 11/16 | TUES, 11/21 | TUES, 11/28 | THURS, 11/30

**FOR QUESTIONS OR TO SIGN UP, PLEASE VISIT MEMBER SERVICES.**



**CHRISTUS® GOOD SHEPHERD**

Institute for Healthy Living