

Springfield Racquet & Fitness Center



# Aquasize

June 1-September 4, 2010

*Sun, Fun, & a Great Workout!!*

## DEEP END AQUA

A 45 minute class held in the diving well of the pool. Noodles are used to help you float as you concentrate on a lower body workout.

Monday Wednesday Friday  
9:30 am

## AQUASIZE

Class is held in chest high water. A total body workout that tones the body in a whole new way.

Monday through Friday 10:30am

Saturday 10:00am

Sunday 11:00am

Monday, Tuesday, Wednesday 7:00pm

Tuesday/Thursday 6:00am classes will begin later in the season.  
Info will be posted.

***Classes are Included in all SR&FC Memberships.***

Inclement weather cancels classes. During questionable weather situations, call 787-2460 30 minutes prior to class for information.

*Class is cancelled on Tuesday June 29 due to  
SR&FC Sting Ray Swim Meet.  
No class 4th of July*

