

Boulder City Parks and Recreation Department Presents:

Water Fitness Classes



Water Fitness Classes provide the perfect medium to reduce the strain of exercise! Improve your health, mobility & flexibility while enjoying a workout in the invigorating setting of the swimming pool.

Water reduces the effect gravity has on the body and yet is about 12 times more resistant than air. This provides more toning and calorie burning in less time, with minimal stress on joints—WIN-WIN!! Raise your heart rate and have fun!

Due to the nature of these classes, please arrive on time for warm-up to prevent possible injury.

Pre-registration is encouraged; space is limited

Total Water Workout-A:

Tuesday/Thursday 7:00 – 7:55am

Total Water Workout-B:

Tuesday/Thursday 8:00 – 8:55am

\$31.00 per month
(Jan – April, June - Aug, & Oct - Nov.)

\$23.00 per short month
(May, Sep, & Dec.)

\$5 drop-in fee per class

Improve:

**Muscle strength & tone*

**Balance & coordination*

**Flexibility*

**Provides neurostimulation & Stress Relief*

**Interactive Group Setting*

** Fun and Enjoyable*

** Certified Instructor*

** Ages 13+*



Boulder City Pool & Racquetball Complex ~ 861 Avenue B ~ (702) 293-9286