



**Aqua Fitness with Donna—Seven Mile Beach, Grand Cayman**  
**The Burdenko Method of Water Therapy**

**The Ability to Swim Is Not Necessary. Being Comfortable in Deep Water Is!**

**Group Classes—Governors Beach, Seven Mile Beach**

Monday 10:00—11:00 am

Wednesday 10:00—11:00 am

Saturdays 9:00—10:00 am **\*Note Saturday Time Difference**

**New Participant Enrollment Package: \$160.00**

Includes: 6 water classes + Water Training DVD (or Digital Download) and Aqua Gear Rental. Participants are encouraged to purchase personal water gear in due course and registration fees goes down.

**Pre-Paid Packages**

6 classes \$140.00    8 classes \$184.00    10 class \$230.00    12 classes \$276.00

Drop-In: \$25.00 per class

Small friendly groups. Please arrive 5-10 minutes before start time. We enter the water promptly on time with a brief on-land demo at the start.

Items to bring: towel, hat, sunscreen, sunglasses, rash guard, drinking water, & a container with water to rinse feet at your car.

**Private and Corporate Training Available**

**Check out The Burdenko Method of Water Therapy at: [www.Burdenko.com](http://www.Burdenko.com)**

**[www.InspiredwithDonna.com](http://www.InspiredwithDonna.com)**

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