



Aqua Fitness—Saltwater Sea & Private Pool Classes

Using The Burdenko Method of Water Therapy

For Sea Classes: The Ability to Swim Is Not Necessary. Being Comfortable in Deep Water is.

Group Classes—Governors Beach, SMB + Private Pool

<u>Monday</u>	10:00 am—11:00 am
<u>Wednesday</u>	10:00 am—11:00 am
<u>Friday</u>	10:00 am—11:00 am
<u>Saturday</u>	9:00 am—10:00 am *Note Saturday Time Difference*

New Participant Enrollment Package: \$180.00

Includes: 6 water classes + Water Training DVD (or Digital Download) & Gear Rental. Participants are encouraged to purchase their own water gear for long-term participation.

On-Going Pre-Paid Packages

6 classes \$150.00 8 classes \$200.00 10 class \$250.00 12 classes \$300.00

Drop-In: \$30.00 per class

Please add \$20.00 water gear rental on packages or purchase your own.

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 of each session

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

****Also Available: Private, Corporate, or Pool-Group Water Fitness Training***

www.InspiredwithDonna.com

E: info@InspiredwithDonna.com