



Aqua Fitness

Using The Burdenko Method of Water Therapy

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

Group Classes—off Governors Beach, Seven Mile Beach

Monday 10:00—11:00 am

Wednesday 10:00—11:00 am

Friday 10:00—11:00 am

Saturday ***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) & Gear Rental.
Participants are encouraged to purchase their own water gear for long-term participation.

On-Going 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

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.

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

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