



February 2022 Aqua Fitness

	Mon	Tue	Wed	Thu	Fri	Sat
				FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND. BODY. SPIRIT.		
		1 <u>Evening</u> 5:30 Water Fitness	2 <u>Morning</u> 8:30 Water Fitness	3 <u>Evening</u> 5:30 Water Fitness	4	5
6	7 <u>Morning</u> 8:30 Water Fitness	8 <u>Evening</u> 5:30 Water Fitness	9 <u>Morning</u> 8:30 Water Fitness	10 <u>Evening</u> 5:30 Water Fitness	11	12
13	14 <u>Morning</u> 8:30 Water Fitness	15 <u>Evening</u> 5:30 Water Fitness	16 <u>Morning</u> 8:30 Water Fitness	17 <u>Evening</u> 5:30 Water Fitness	18	19
20	21 <u>Morning</u> 8:30 Water Fitness	22 <u>Evening</u> 5:30 Water Fitness	23 <u>Morning</u> 8:30 Water Fitness	24 <u>Evening</u> 5:30 Water Fitness	25	26
27	28 <u>Morning</u> 8:30 Water Fitness					

*Specialty Classes in Red– See back for details

Class Descriptions

Water Fitness

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness. Plus, our pool is **solar heated!**

2022 FACILITY RATES/PRICING INFORMATION

Non-Members/Drop In \$18.00 per class

Punch Passes \$90.00 for 5 classes

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED

*****PERSONAL TRAINING SESSIONS** Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regime, train for a specific event or even learn to swim, we have a personal training program for you. Our professional, certified instructors and trainers will be there to help you every step of the way! Training sessions can be held at Fitness Connection or in the comfort of your own home or pool.

***** This symbol indicates specialty courses which have specific start dates.
Please call for more information. Not included in membership.**

PO Box 30313 KY1-1202 | Tel: (345) 949-8485 | Email: fitness@fitness.ky | www.fitness.ky