



INTRO TO WATER AEROBICS NORTH LAKE COLLEGE

New to Aquatic Exercise?

This shallow water exercise class is for nonswimmers and beginner athletes. The movements are easy and designed for students with no experience in the water. The class consists of:

- Water walking warm-ups
- Wall Pilates and aquatic barre
- Vigorous cardio aqua-jogging and cardio wall work
- Free-standing beginner Aquatic Pilates, and Strength and Stretch with aquatic barbells

Cardio Combo/Stretch and Strength is appropriate for all adults and all levels of fitness. No special equipment required – just a swimsuit, towel and water shoes.

Classes start January 16, 2018

New Year's Special | January classes free of charge

Class fee: \$35/month

Quarterly payment discount: \$30/month (\$90/quarter)

Register with instructor at class time or online at SoggyZoggy.com.



For more info please call or text Karen at (469) 629-9964 or email karen@soggyzoggy.com.

THE BENEFITS OF AQUATIC EXERCISE

IMPROVED POSTURE,
BALANCE, MOBILITY

INCREASED STRENGTH,
FITNESS AND ENDURANCE

REDUCED STRESS ON
MUSCLES, TENDONS AND
LIGAMENTS

LOOSENS STIFF JOINTS
AND RELAXES SORE
MUSCLES

IMPROVED HEART HEALTH
AND INCREASED
METABOLISM

CLASSES

Tuesday, Thursday
7 – 7:50 p.m.

North Lake College
Natatorium
5001 N. MacArthur Blvd.