

**If you want to take part in the new fitness craze that is sweeping the nation?  
Then this class is for YOU!!**



This program is designed to increase the rate at which you metabolize oxygen, improve swimming efficiency, tone your entire body and can help you lose weight without putting excess stress on your joints.

**Join us on Wednesday, July 6th  
from 6-7 P.M. for this 8 week program**

**Members: \$65  
Guests: \$95**



**Sign up at member  
service desk**