



## 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: \$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.

**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](http://www.InspiredwithDonna.com)**

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