

# AQUA Fit

This non-impact workout **reduces stress on the joints** and is a great way to **strengthen and tone muscles** without strain or post-exercise pain. Our instructors lead you through a safe, effective and fun water workout. So, whether you're in good shape or just beginning to exercise, this program will **improve your overall fitness in a fun and friendly environment** and will leave you feeling **invigorated and refreshed** after every class!

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**Starting: June 1, 2011**

**Day/Time:** Monday - Friday • 9:00am AND Monday - Thursday • 7:00pm

**Cost:** Monthly Rate: \$30/person • Daily Rate: \$5.00/person

**Location:** Betty T. Ferguson Recreational Complex  
3000 NW 199th Street  
Miami Gardens

**Contact:** (786) 279-1237



**Betty T. Ferguson  
Recreational Complex**

