These aerobic classes take you through a variety of water workout techniques including aquatic kickboxing, posture improvement, deep & shallow water, muscle toning & flexibility, core stability, noodle work, and of course, fun. Participants may individualize each class to meet personal needs and desires. You can make waves and be energized with fun moves and great music!

**SPRING 2010 SESSION**
MARCH 16TH – JUNE 10TH
13 WEEKS
26 Classes
TUESDAY - 7:00-8:00 AM
THURSDAY - 7:00-8:00 AM

**COST**
1 class/wk - $130
2 classes/wk - $260

**SUMMER 2010 SESSION**
JUNE 15TH – SEPTEMBER 2ND
12 WEEKS
24 Classes
TUESDAY - 7:00-8:00 AM
THURSDAY - 7:00-8:00 AM

**COST**
1 class/wk - $120
2 classes/wk - $240

**Class Policies**
- Each participant must sign-in for each class.
- Please bring a towel and a water bottle.
- If you cancel an enrollment, a $20 processing fee will be assessed.
- CEC employees receive a 25% discount on all Aqua Aerobic classes.
- Facility Closing Policy: On days when Cranbrook Schools Williams Natatorium is closed due to inclement weather or facility problems, aerobics will not be held.
- No Instructor Policy: If no instructor is available to teach a class, the participants will be permitted to do their own workout during the scheduled class time.
- Make-Up Policy: In the event more than 3 classes are cancelled during a session the Natatorium office will offer restitution.
- In order for a class to run enrollment standards must be met.
- The target water temperature for each class is between 79-81 degrees.

**Walk-Ins Welcome $12.50/class**