

*Starting January 21, 2008*

*Aquacise Pass-\$40.00*

# **Aquatic Exercise Class**



## ***AQUATIC EXERCISE CLASSES***

### **PENN STATER**

|                    |  |
|--------------------|--|
| <b>Mon-Wed-Fri</b> | <b>8:30-9:30 AM (Aerobic)</b>                |
| <b>Mon-Wed-Fri</b> | <b>9:30-10:30 AM (Low Intensity/Stretch)</b> |
| <b>Saturday</b>    | <b>9-10 AM (Aerobic)</b>                     |

### **PENN STATE NATATORIUM**

|                       |                          |
|-----------------------|--------------------------|
| <b>Mon &amp; Fri</b>  | <b>12-1 PM (Aerobic)</b> |
| <b>Tue &amp; Thur</b> | <b>10-11 AM</b>          |
| <b>Mon &amp; Wed</b>  | <b>5:30-6:30 PM</b>      |

*Looking for a challenge...try the new running aquatic exercise class*

### **PENN STATE NATATORIUM**

|                  |                |
|------------------|----------------|
| <b>Wednesday</b> | <b>12-1 PM</b> |
|------------------|----------------|

**JOIN US .....Try two classes for FREE!**