

Starting January 22, 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>M-T-W-R</b>	<b>5:30-6:30 PM (MWR-Aerobics and T-Running)</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!**