



# AQUA STAND UP! DEMO CLASSES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FUN WATER FITNESS FOR AGES 6-99+

Ages 6-14 must be proficient swimmers



Come and join us for **FREE**  
**AQUA STAND UP**  
Demonstration Classes  
on either  
**September 29th or October 1st.**

This exciting and fun small group training program inspired by paddle boarding mixed with different fitness techniques like H.I.I.T. (High Intensity Interval Training), Pilates, Yoga and muscular conditioning. It is one of the best balance workouts choreographed to music inspired by Stand Up Paddle Boarding. This program is great for all ages, the board is very stable so you don't need to be an expert to stand up on it. Come and check it out!

Bring yourself, bestie or sign-up your family for either Tuesday, September 29th or Thursdays, October 1st for a 15 minute class.

Class times:  
6pm, 6:20pm and 6:40pm.

Registration is on a first come and first serve basis. Register at the Front Desk or on-line.

Limited to 10 participants

