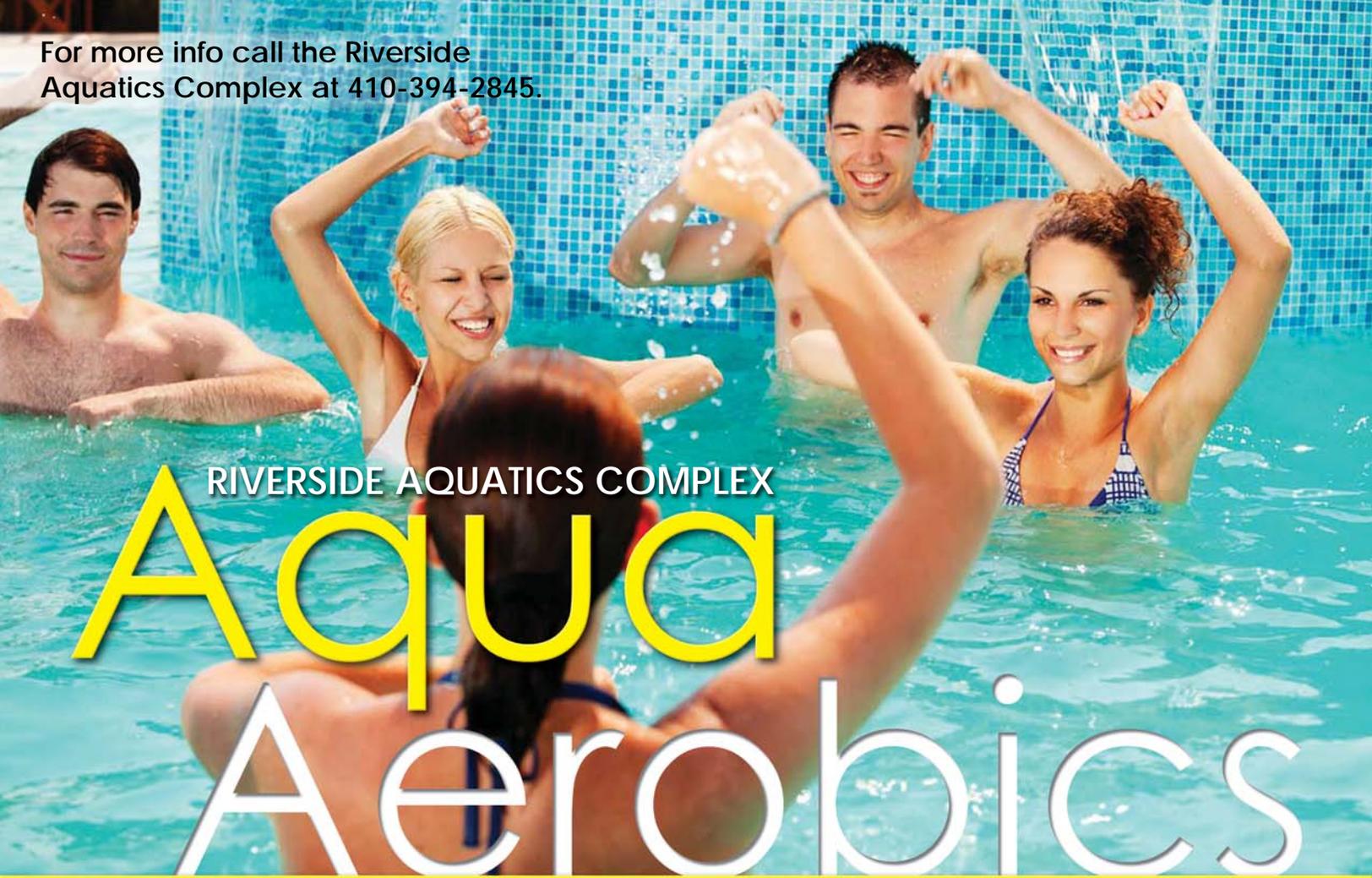


For more info call the Riverside Aquatics Complex at 410-394-2845.



RIVERSIDE AQUATICS COMPLEX

# Aqua Aerobics

ITS FUN, ITS COOL AND ITS A GREAT WORKOUT.

Join **Stacy Wills**, Accredited Aqua Aerobics Instructor for her 2nd year with the NRC Aquatic Team as she leads you in an hour long workout.

Classes are on **Tuesday** and **Thursday** evenings and will consist of either a Shallow Water or Deep Water Workout.

All equipment is provided and *class size is limited* to twenty participants with a minimum of 5 to take place. Classes promptly begin on time and run for one hour.

Eligible Patrons include Active Duty, Reservist and Retired Military, DOD and their family members.

Program will be cancelled if participants are not present 15 minutes after the start time. Programs are subject to cancellation due to lack of participation and weather conditions.



**TUESDAYS & THURSDAYS**  
**7-8 p.m.**

**1 CLASS PASS**

E1-E5: \$3.50 per person per class  
All Others: \$4 per person per class

**11 CLASS PASS**

E1-E5: \$35 per person  
All Others: \$40 per person

**Classes begin June 17, 2014**  
and run until Labor Day 2014