



## **AQUA FITNESS CLASSES ARE HERE!**

**This class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed in water that is chest deep and no swimming skills are needed to participate.**

**Regardless of your age, size, or fitness level, you can achieve very noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! Aqua Fitness can be an excellent workout for those whose schedules allow just one day a week to attend. Or, it can be a wonderful addition to participating in some of our other programs. One thing is certain – you will have a blast! To register head to [Programs \(recdesk.com\)](http://Programs(recdesk.com))**

### **Available Idaho Central Aquatic Center Passes:**

**Daily Pass: \$7**

**Monthly Pass: \$60**

**Annual Pass: \$650**

**Family Monthly Pass: \$100**

**20 Punch Pass: \$100 (Good for 1 year)**

**Passes available for purchase at [www.icacenter.com](http://www.icacenter.com)**