



Aqua fitness classes at Asbury!

Rosborough Wellness Center Swimming Pool

409 Russell Ave., Gaithersburg, MD 20877

Open to Asbury residents as well as NON-Residents

Shallow Water Exercise classes

Low impact but energetic water aerobics classes where no swimming skills are needed. These classes are designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

Exercises are performed to lively, motivating music and are effective and easy to follow.

The **Pace Yourself** class is more on the gentler side and will focus more on stretching and range of motion.

The **Aqua Challenge** class is faster paced and incorporates more cardiovascular movements to get your heart pumping.

Mon / Fri "Pace Yourself"	9:30 – 10:15am
Wed / Fri "Aqua Challenge"	11:00 – 11:45am

Price: (1 ticket per class)	\$10.00 – 1 ticket
	\$50.00 – 6 tickets
	\$84.00 - 12 tickets

Questions?

Please call the Asbury Wellness Center at (301) 987-6255



www.wetyetwaterfitness.com