



Water Exercise is Cool!

For residents of the Kentlands Community
Kentlands Clubhouse Pool

Summer, 2025 classes: June 24th – August 14th

Shallow Water Aqua Fitness Workout

We are SO excited to be back at the Kentlands for summer water exercise classes. This class is a low impact but high intensity shallow water fitness class where no swimming skills are needed. You will 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 in water that is chest deep. You will work your body and **have fun** too!

Tuesday / Thursday mornings (6/24 – 8/14) **9:45 – 10:30am**

****14 classes: \$126.00 *7 classes: \$77.00***

More Information? Email Nancy at info@wetyetwaterfitness.com Or visit us on the web at: www.wetyetwaterfitness.com

Payment Methods: Check, Credit Card, Venmo or PayPal

PayPal(must have PayPal app):

**Nancy
Brouillette**



Scan to pay Nancy Brouillette

Venmo (must have Venmo App):

Nancy Brouillette
@Nancy-Brouillette



venmo

Check or Credit Card: Please complete below and **mail to:**
Wet yet Water Fitness P.O. Box 1113 Rockville, MD 20849

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Name: _____ Phone: (H) _____ (C) _____

Address: _____

Email address: _____ Signature _____

Amount Paid: _____ Check #: _____ checks payable to "Wet yet? Water Fitness" **OR**

Credit Card: (please circle one: Visa, MC, AmEx, Discover)

Card#: _____ Signature: (For Credit card use) _____

Exp Date: _____ Security Code: (on back of card. AmEx is on **front** of card) _____