

# 4 week Get FIT, Get WET



**WE WANT YOU!**

**Mondays & Thursdays @ 7pm**

**(mixture of endurance training & strength training in shallow and deep end of pool)**

**Swimming is not a requirement  
(*Flotation Belts available*)**

**Classes start August 21 and end September 14th**

**Cost:   Members of Valdese Rec---\$20  
          Non Members                   \$33**

**LIMITED to 18 participants, need a minimum of 10**

**SIGN up and PAY at Fitness Desk by August 18th**

**Instructors: Toni Reece & Melissa King**