

4 Week Get FIT, Get WET



WE WANT YOU!

Tuesdays & Thursdays @ 7pm

Rain makeup days on Saturdays @9:30am

**Endurance & Strength Training in the Pool
No Swimming Needed- Flotation Belts Available if Needed**

Classes start July 2nd and end July 25

Valdese Rec. Members: \$20

Non-Members: \$33

LIMITED to 18 participants (Minimum of 10)

Must SIGN up and PAY at Fitness Desk by July 1

Instructors: Toni Reece & Melissa King

Call 879-2144, x 2 For More Information