

# **AQUA NIGHT**

**Tuesdays and Thursdays @ 7pm**

**FREE DEMO NIGHT NOVEMBER 1<sup>st</sup>**

**November 6-December 4**

**(No classes 11/22 –Thanksgiving)**

**MEMBERS \$20/ NON-MEMBERS \$33**

**SIGN UP AT FITNESS DESK**



**Tuesdays & Thursdays @ 7pm**

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

**Swimming is not a requirement**

***(Flotation Belts available)***

***Instructor: Christie Buckland***

**Call *Valdese Recreation* for more info: **828-879-2144****