

AQUA FIT

NSA ANNAPOLIS

NORTH SEVERN POOL

Corner of Eucalyptus and Holly Roads

OPEN June 18 - Aug. 17

Aqua Fit and Aqua Zumba Classes

(hours subject to change)

NORTH SEVERN POOL					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Fit	4:30 - 5:15 p.m.	11:15 a.m. - Noon	4:30 - 5:15 p.m.	11:15 a.m. - Noon	
Aqua Zumba	11:15 a.m. - Noon		11:15 a.m. - Noon		11:15 a.m. - Noon

Classes start the week of June 25. (No class July 4)

Aqua Fit is a cool way to shed those extra pounds and beat the summer heat!



Aqua Fit is a low-impact workout and benefits people with arthritis, osteoporosis, back pain and diabetes.

RAPIDLY TONE MUSCLES



IMPROVE BLOOD CIRCULATION



INCREASE FLEXIBILITY

PAY AT THE FITNESS CENTER, BLDG. 89 in advance or at the pool after class. Active-duty, retired military and dependents, **FREE**. DoD civilians, contractors and their dependents, **\$4 per class or \$15 per month.**



Open to all with base access, 18 years and older.

For more information on classes contact Rossana at (410) 293-9212.