

# Nomad Aquatics & Fitness

*Bringing Health & Fitness to the Neighborhood!*

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## Get Wet & Get Fit in 2010!



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## *Aquatic Fitness Class Descriptions*

<i>Silver Sneakers Aqua Fit (Beginner Level)</i>	9am to 10am	Monday thru Friday  With Missy	Warm-up by walking & stretching in our warm water pool. Then get ready for a great cardio workout and cool down to fun, great music! We recommend Aqua Shoes and bottled water! Water weights and noodles are used in this class!
<b>DEEP WATER HYDRO-FIT (Intermediate/ Advanced Level)</b>	10am to 11am	Monday thru Friday  With Missy	Work on agility, flexibility, cardiovascular endurance and your health in this water aerobics class. We will use floatation belts and noodles for assistance, as well as a special strengthening kick-board and weights! Join us late morning to get your day off to a great start!

\*\* Private Water Aerobics is available with instructor. We also offer instruction for Arthritis, Prenatal and Muscular Therapy. For more info, please contact Missy @ 704-949-1543 for Arthritis/Prenatal Water Therapy/Training.