

**Nomad Aquatics & Fitness**

*Bringing Health & Fitness to the Neighborhood!*

11202 Harris Road  
Huntersville, NC 28078

Phone: 704-949-1555  
Fax: 704-949-1550

**Get Wet & Get Fit! FALL 2009**



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& Fitness**

***Aquatic Fitness  
Class Descriptions***

<p><i><b>Silver Sneakers Aqua Fit (Beginner Level)</b></i></p>	<p>9am to 10am</p>	<p>Mon/Wed/Fri ONLY Mornings  <b>With Missy</b></p>	<p>Warm-up by walking &amp; 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!</p>
<p><b>DEEP WATER HYDRO-FIT (Intermediate/ Advanced Level)</b></p>	<p>10am to 11am</p>	<p>Monday thru Friday Mornings  <b>With Missy</b></p>	<p>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!</p>

\*\* 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.