

# Mind, Body, Spirit!

All about finding a better YOU!



## Aqua Fit and Get Together & Work It!

New Hampton Parks & Recreation

### BENEFITS OF EXERCISE!

Muscular Endurance

Core Strength

Cardio Vascular  
Endurance

Burns Calories

Weight Management

Improved Flexibility

Great Way to Socialize!

**REGISTER AT THE NH  
PARK & REC OFFICE!**

641-394-5464

[tara.nhpark@gmail.com](mailto:tara.nhpark@gmail.com)

[www.newhamptonia.com](http://www.newhamptonia.com)

### Aqua Fit Class Times/Dates

*(Water Aerobics is the #1 exercise to do for healthy joints! Low impact resistance training is a fun way to get fit and socialize in the pool! Give it a try today!)*

Mornings: Mon.-Fri. 5:30-6:45 AM

Afternoon: M.T.TH. 1:30-2:15 PM

Mid-Day: M.W. 4:30-5:15 PM

Location: Super 8 Hotel, New Hampton

\*\*\$2.00 fee to Super 8 due each class\*\*

### Get Together & Work It!

*This will take the place of our Fit & Tone class. This class was very popular, but unfortunately we have been unable to replace our instructor. Class participants will take turns coming up with exercises or "taking a day" to be in charge (if you feel comfortable doing so). A great way to get moving while you socialize!*

**Mondays/Wednesdays 5:15-6:00 PM**

**Location:** Community Center (112 E. Spring St.)

### Session Dates:

September 10-October 25

November 4-December 20

January 7-February 21

March 4-April 18

\*Mini May (Apr. 29-May 23)

### **Aqua Fit FEES:**

**\*7 week Sessions**

1x/week = \$20.00

2x/week = \$35.00

3x/week = \$50.00

4x/week = \$65.00

**\*4 week Session**

1x/week = \$12.00

2x/week = \$20.00

3x/week = \$29.00

4x/week = \$37.00

### **Get Together & Work It FEES:**

**\*7 week Sessions**

1x/week = \$10.00

2x/week = \$18.00

**\*4 week Session**

1x/week = \$7.00

2x/week = \$13.00

**REGISTER ONLINE AT:  
[www.teamsideline.com/newhamptonia](http://www.teamsideline.com/newhamptonia)**