

# Summer Aquatic Classes at Forest Park Aquatic Center

Taught by Riverview Rehab & Fitness Aquatic Instructors

Join us this summer as we offer three of our popular aquatic classes outdoors! Two sessions of each class are available.

To register for classes, visit [riverview.org](http://riverview.org) and click on "Classes" or call (317) 776-7225.

## AQUATIC AEROBICS

This class uses the the resistance of water to give you an effective low-impact aerobic workout. Aquatic aerobics is a great way to burn calories without pressure on feet, knees or hips and can be an excellent rehabilitation tool at any stage of recovery from injury or disease, or as a part of a wellness/fitness program. Participants must be at least 18 years of age.

**Start dates:** June 6, 2011 and July 11, 2011

**Class days:** Mondays and Wednesdays, 5-6 p.m.

**Duration:** Four weeks

**Cost:** \$36

## AQUA TOTS

This class treats you and your child to a unique bonding experience and provides great way to encourage water safety and pre-swimming skills. AquaTots is designed for children between 2 and 5 years of age. This class promotes healthy development and social interaction.

**Start dates:** June 6, 2011 and July 11, 2011

**Class days:** Mondays and Thursdays, 10-11 a.m.

**Duration:** Four weeks

**Cost:** \$72

## AQUA ZUMBA

Aqua Zumba provides the benefits of exercising in the water coupled with a fun, energetic Latin-inspired dance and fitness program. Aqua Zumba makes full use of your body's increased buoyancy and flexibility as you move to lively music. The water also gives enough resistance to make it a challenging workout. The class is like a huge pool party, and provides a great exercise experience. Participants must be at least 18 years of age.



**Start dates:** June 6, 2011 and July 11, 2011

**Class days:** Mondays and Wednesdays, 6-7 p.m.

**Duration:** Four weeks

**Cost:** \$36

