

# 2019 Water Aerobics by H2O Fitness and More At River Falls Swim and Tennis



This co-ed water aerobics class offers a fun and safe water workout for all ages and abilities. Everyone is encouraged to work at their own comfort level. You do not have to know how to swim to participate. You will burn calories and fat during this workout while keeping COOL under the sun!! Questions, please call Teresa at (410) 491-3000 or email her at [tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com).

**When:** June 6 – August 1 (eight week session)

**PLEASE NOTE: NO CLASS ON JULY 4<sup>th</sup>.**

**Day:** Thursday

**Time:** 10 a.m. – 11 a.m.

**Fee:** Sold in blocks of 4 classes at \$60, 6 classes at \$90, or 8 classes at \$120

**NOTE:** Must have at least four participants to register at least two days in advance to hold each scheduled Thursday morning class.

Please make checks payable to H2O Fitness and More and mail to: Teresa Shelton, 4222 Cloudberry Court, Burtonsville, MD 20866. Questions call Teresa at (410) 491-3000 or email her at [tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com).

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

**River Falls Swim and Tennis (60/90/120)** Please circle the number of classes in which you are registering for.     4     6     8

Please sign and date the waiver below. I hereby enroll in the water aerobics program to be conducted by H2O Fitness and More at River Falls Swim and Tennis during the period of June 7 – August 1, 2019. I understand that when taking a water aerobics class I will be in an environment where accidents can occur. I, on behalf of myself, my heirs, successor legal representatives and assigns do hereby release, waive, and forever discharge H2O Fitness and More, the owner, and company's representatives from all claims which may be suffered by me in this activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_