



Water Fitness Programs

Kiwanis Natatorium

2010

These cardiovascular classes use both shallow and deep water to encourage continuous movement in the water for 45 minutes. Participant does not need to be a swimmer to take this class. Apparatus such as noodles, paddles, weights, water shoes and gloves may be used to add intensity. All ages and fitness levels welcome. Limited spaces available, Water Fitness is an on-going monthly program. Class Fees are pre-paid monthly. For more information or to enroll, please call Kathy Ball at 573-364-8534.

Must pre-register with Kathy ball before taking class!!!

Morning Classes

2-Day Class Fee: \$30 Non-Member / PER MONTH, \$5 Member Discount

MON/WED: 8:00 – 9:00 AM
MON/WED: 9:00 – 10:00 AM
MON/WED: 10:00 – 11:00 AM

Class Code

510426-__
510427-__
510428-__

Add on: 1-Day Class Fee: \$15 PER MONTH

FRI: 9:00 – 10:00 AM
FRI: 10:00 – 11:00 AM

510412-__
510413-__

2-Day Class Fee: \$30 Non-Member / PER MONTH, \$5 Member Discount

TUE/THUR: 8:00 – 9:00 AM
TUE/THUR: 9:00 – 10:00 AM

510421-__
510422-__

Evening Classes

2-Day Class Fee: \$30 Non-Member / PER MONTH, \$5 Member Discount

MON/THUR: 6:00 – 7:00 PM

510424-__

1-Day Class Fee: \$15 per Class

TUE: 6:00 – 7:00PM

510425-__

