

# AQUATICS FITNESS CLASS

The *Aquatic Fitness Class*, is a low-impact class that combines overall body and trunk strengthening with balance and cardiovascular activities.

## Class Schedule

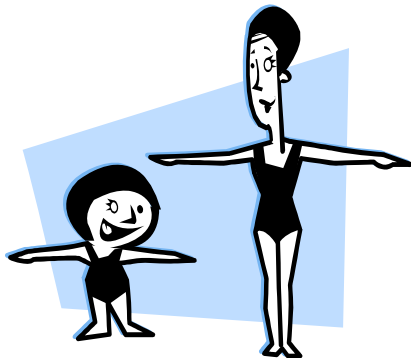
Monday and Wednesday	11:00a.m. to 12:00p.m.
Tuesday and Friday	12:00p.m. to 1:00p.m.
Monday and Friday	4:00p.m. to 5:00p.m.

## Program Information

Six week program  
You may attend 2 classes per week  
Cost: \$55 for 12 visits

Sign up at The Rehabilitation Institute of St. Louis front desk or  
Call Theresa at (314)658-3858

Class size is limited.



Check out The Rehabilitation  
Institute of St. Louis website at  
<http://www.rehabinstitutestl.com>  
for more information