



Water Aerobics at Glenwood Swim Club By H2o FITNESS

This co-ed class offers a fun and a safe water workout for all ages. 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 Call Peggy 301-603-1328 or email her at browsers4@aol.com

Where: Glenwood Swim Club
When: June 22nd – August 13th
Days: Monday and Thursday evenings
Time: 7:45pm – 8:45pm

Early Bird Fee: Register by. Register by June 19th and pay \$89.00 for 16x OR \$55.00 for 8x.

Late Bird Fee: Register after June 20th and pay \$95.00 for 16x or \$61.00 for 8x.

Make checks payable to H2o Fitness and mail to: 13820 Vintage Lane * Silver Spring, Md. 20906. Questions call Peggy at 301-603-1328 or email at browsers4@aol.com

.....**Cut Here and mail bottom portion only**.....

Name _____ Phone _____

Address _____

Email: _____

Glenwood Swim Club: \$89.00/\$55.00. Please sign. I hereby enroll in the water aerobics program to be conducted by H2o Fitness at Glenwood Swim Club Pool during the period of June 22nd – August 13th, 2009. I understand that when taking a water aerobics class I will be in an environment where accidents or mishaps can occur or I may injure myself. I on behalf of myself, my heirs, successor legal representatives and assigns do hereby release and forever discharge H2o Fitness and Glenwood Swim club pool from all claims, damages, causes of action of any nature or description arising out of my participation in the water aerobics program.

Name _____