

# Water Aerobics

We are VERY excited to announce that For Every Body Fitness is back with Water Aerobics! All levels of fitness are invited and there are no swimming skills necessary. Classes will meet at Pool #3 (13900 Stonefield Drive). The classes meet July 6, 2011 through August 31, 2011 on Wednesdays at 7 pm and Saturdays at 10 am. The session is \$80 per person. This rate depends on a minimum of 16 participants. To sign up, please send your payment of \$80 made payable to LRRHOA along with the coupon provided below:

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LRR HOA-Water Aerobics

6201 Sandstone Way

Clifton, VA 20124

Cost \$80

PLEASE INCLUDE THE FOLLOWING:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_