

Senior Aqua Aerobics

This is a low impact, fitness & aerobics based class for active seniors that will include strength and balance, stretching and toning, which is perfect for folks with arthritis. *Participants should check with their physician before starting any exercise program.* Classes will be held in our pool (Bldg 478) on Wednesday's from 9-10am. Advanced registration is necessary and cannot be pro-rated. Please make checks payable to BERA and mail to: Recreation Office, Bldg 400A.

WHEN: Wednesday, March 1 to May 24, 2017 (13 weeks)
FEE: \$65 for 13 weeks
TIME: 9-10am
WHERE: Pool - Bldg 478

Parents of employees or adult children are eligible to attend, family photo ID badge needed for main gate entry. Guest/contractors and family members must come to Recreation Office to sign up and have medical insurance card to show proof of insurance.

----- Complete the registration below and return with your payment -----

Senior Aqua Aerobics

Wednesdays March 1 to May 24, 2017
Payment enclosed for \$65 for 13 weeks

Name: _____
(Please print)

Email address: _____ BNL Life/Guest Number: _____

Home Phone Number: _____

Emergency Contact Name & Phone Number:

Make checks payable to BERA and mail to: Recreation Office, Bldg 400A

Participants should check with their physician before starting any exercise program.