



# WINTER 2017 HYDROFIT

**January 16 - March 24**

**Monday, Wednesday, Friday *\*water aerobics\****

**Tuesday, Thursday *\*lap swimming\****

**10:00 - 10:45 am**

HydroFit utilizes a mixture of light resistance training, yoga, and swimming for a perfect total body workout you can do everyday. These 45-minute routines are a great option for adults 18 and over seeking to stay fit without excess strain to the body. Increase your strength, flexibility, and overall fitness with a low-impact water workout and make some new friends in the process. Water aerobics classes will be held in the recreation pool and lap swimming will be held in the lap pool with Coach Jen.

**FEES:**

- \$12.50 drop-in – Non-Member drop-in fee is \$16.00
- \$100 for 10 days – Non-Member fees are \$128 for 10 days
- \$167 unlimited single user – Non-Member fees are \$211 for unlimited single user (48 uses)
- \$211 for unlimited couple – Non-Member fees are \$267 for unlimited couple (96 uses)
- \$239 for unlimited family (three adult members only)

To sign up, submit your completed registration form to the pool house. Member prices range from \$12.50 per day to less than \$1.66 per day; the more days you buy in advance, the more you save. Families are welcome to register together and share a class package. Unused days will not transfer to next season's program, so make sure to only purchase the package you can use this season. Let the pool house know that you are checking in for HydroFit each day you attend class, and the computer will keep track of your progress. Feel free to contact Aquatics Director Jennifer Kruse at [jkruise@caclubs.com](mailto:jkruise@caclubs.com) with your questions.

**REGISTRATION FORM FOR WINTER 2017 HydroFit**

Participant's Name \_\_\_\_\_ Member #: \_\_\_\_\_

Family Members \_\_\_\_\_

Phone and Email \_\_\_\_\_

Emergency Contact Name and Number \_\_\_\_\_

What are your fitness goals? \_\_\_\_\_

Do you have any physical limitations? \_\_\_\_\_

*NON-MEMBER USE POLICY: Because La Madrona is a private club, non-members visiting the club for programming are not allowed use of the facility outside of their paid programming. Please wait for your class to begin before using the facility. Thank you.*

Internal Use: Paid Date _____ Amount _____ Initial _____
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