



Aqua Fitness Classes

\$200 per session Mon/Wed/Fri, Jan 20—May 28

No Class on: Feb 12, 15, Mar 5 & Apr 5

Warm Pool Users

AF700.110	7am	Aquakinetics, Higher Intensity	(Napoli)
AF800.110	8am	Aquakinetics	(Napoli)
AF900.110	9am	Aquakinetics	(Napoli)
AF1000.110	10am	Aquakinetics	(Napoli)

Shallow End of Large Pool Users

AF70A.110	7am	Aqua Power Aerobics	(Holley)
AF70P.110	7am	Prenatal Water Aerobics	(Holley)

Deep End of Large Pool Users

AF80D.110	8am	Deep Water Workout	(Holley)
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\$192 per session Mon/Wed/Fri, Jan 20—May 28

No Class: Feb 12, 15, Mar 5, 26, Apr 5 & May 21

Warm Pool Users

AF430.110	4:30pm	Aquakinetics	(Goughnour)
AF530.110	5:30pm	Aquakinetics	(Goughnour)

Shallow End of Large Pool Users

AF43S.110	4:30pm	Aquakinetics	(Goughnour)
AF53S.110	5:30pm	Aquakinetics	(Goughnour)

*10% Senior Discount available if 62 or over
(please provide birth date below)*

\$146 per session TTh, Jan 19—May 27
Warm Pool Users

AF70T.110	7am	Aquakinetics, Higher Intensity
AF80T.110	8am	Aquakinetics (Goughnour)

Shallow End of Large Pool Users

AF70AT.110	7am	Aqua Power Aerobics (Holley)
AF70PT.110	7am	Prenatal Aerobics (Holley)

Deep End of Large Pool Users

AF80DT.110	8am	Deep Water Workout (Holley)
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\$142 per session TTh, Jan 19—May 27
Warm Pool Users (No Class: Mar 4)

AF43T.110	4:30pm	Aquakinetics (Goughnour)
AF53T.110	5:30pm	Aquakinetics (Goughnour)

Shallow End of Large Pool Users

AF43TS.110	4:30pm	Aqua Aerobics (Goughnour)
AF53TS.110	5:30pm	Aqua Aerobics (Goughnour)


IT'S EASY TO REGISTER...

Online at www.communityprograms.net
(coupons can not be used with online registration)

Mail Completed Registration Form with Payment to:
Cuesta College Community Programs, PO Box 8106,
San Luis Obispo, CA 93403-8106

Fax with credit card information to 546-3107

Call 546-3132 with your credit card information ready



Cuesta College Community Programs

Class Name _____ Class# _____ Time _____

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- Daily Parking ___ @ \$2each
 Semester Parking Permit \$20

For Office Use Only: Permit # _____

Name _____

Birthdate _____ Phone _____

Mailing Address _____

City, State, Zip _____

Email _____

Payment Information

- Check Enclosed **OR**
 Visa MasterCard Discover

Name on Card _____

Card # _____

Expiration Date _____

I understand and acknowledge that this activity, by its very nature, poses the potential risk of serious injury/illness to individuals who participate. I understand and acknowledge that in order to participate in this activity, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities. I understand, acknowledge, and agree that the college, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by me which is incident to and/or associated with preparing for and/or participating in the activity.

Signature _____

Date _____