



Aqua Fitness Classes

\$195 per session Mon/Wed/Fri, Aug 16-Dec 17

No Class on: Sep 6, 17, Oct 1, 15, Nov 5, 12, & 26

Warm Pool Users

AF700.310	7am	Aquakinetics, Higher Intensity	(Napoli)
AF800.310	8am	Aquakinetics	(Napoli)
AF900.310	9am	Aquakinetics	(Napoli)
AF1000.310	10am	Aquakinetics	(Napoli)

Shallow End of Large Pool Users

AF70S.310	7am	Aqua Power Aerobics	(Holley)
AF70P.310	7am	Prenatal Water Aerobics	(Holley)

Deep End of Large Pool Users

AF73D.310	7:30am	Deep Water Workout	(Holley)
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\$186 per session Mon/Wed/Fri, Aug 16-Dec 17

No Class on: Sep 6, 10, 17, Oct 1, 13, 15, 20, Nov 5, 12, & 26

Warm Pool Users

AF430.310	4:30pm	Aquakinetics	(Goughnour)
AF530.310	5:30pm	Aquakinetics	(Goughnour)

Shallow End of Large Pool Users

AF43S.310	4:30pm	Aquakinetics	(Goughnour)
AF53S.310	5:30pm	Aquakinetics	(Goughnour)

10% Senior Discount available if 62 or over
\$148 per session TTh, Aug 17-Dec 16

No Class on: Nov 25 Holiday

Warm Pool Users

AF70T.310	7am	Aquakinetics, Higher Intensity	
AF80T.310	8am	Aquakinetics	(Goughnour)

\$127 per session TTh, Aug 17-Dec 16

No Class on: Sep 9, 16, 30, Oct 14, Nov 4 & 25

Warm Pool Users

AF43T.310	4:30pm	Aquakinetics	(Goughnour)
AF53T.310	5:30pm	Aquakinetics	(Goughnour)

Shallow End of Large Pool Users

AF43TS.310	4:30pm	Aqua Aerobics	(Goughnour)
AF53TS.310	5:30pm	Aqua Aerobics	(Goughnour)



Cuesta College Community Programs

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


Class Name _____ Class# _____ Time _____

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- Daily Parking ___ @ \$2 each
 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 _____

