



# FALL BACK INTO FITNESS

## FALL SESSION

BEGINS: SEPTEMBER 11<sup>TH</sup> - NOVEMBER 17<sup>TH</sup>

REGISTER AT THE AQUATIC CENTER

BOOTCAMP: \$60

M/W 4:45-5:45 PM HELD IN THE SHS FIELD HOUSE

YOGA: \$60

PLEASE BRING YOUR OWN YOGA MAT

M/TH 4:00-5:00 PM HELD IN THE BCE KITCHEN CHEM ROOM

**ALL ACCESS WATER PASS: \$75**

AQUA AEROBICS: \$60

T/TH 6:00-7:00 AM HELD IN THE BIG POOL

HYDRO-FUSION: \$30

W 6:00-7:00 PM HELD IN THE BIG POOL

DEEP WATER AEROBICS: \$30

F 6:00-7:00 AM HELD IN THE BIG POOL DIVING WELL

SENIOR FIT CLUB: *FREE* WITH SENIOR COMBO PASS

M/W 10:30-11:30 AM HELD IN THE SMALL POOL

T/TH 4:00-5:00 PM HELD IN THE SMALL POOL

SEYMOUR COMMUNITY AQUATIC CENTER  
10 CIRCLE DR.  
SEYMOUR, WI 54165  
920-833-9704  
CALBANESE@SEYMOUR.K12.WI.US