

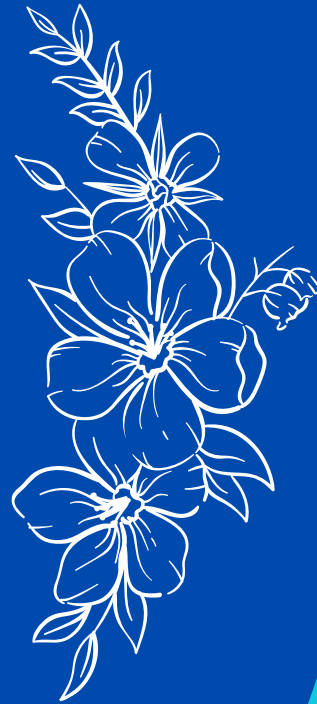
Aquacise

Session 1

Aug. 15-Oct. 7 (8-week session) \$48
(Tai Chi & Yoga \$32)
Registration Aug. 1-2 at Westgate
Wellness

Session 2

Oct. 17-Dec. 22 (9-week session) \$54
(Tai Chi & Yoga \$36)
Registration Oct. 3-4 at Westgate
Wellness



MWF

7-8 a.m.
8-9 a.m.
8-9 a.m. Cold Water
9-10 a.m.
10-11 a.m.
11-12 noon
1-2 p.m.
2-3 p.m.
3-4 p.m.

TTh

7-8 a.m. Tai Chi
8-9:30 a.m.
9:30-11 a.m.
11-12:30 p.m.
1-2:30 p.m. Aqua Activity
3-4 p.m. Aqua Yoga

MTTh

5-6 p.m.
7-8 p.m.

How do I register?

Payment must be taken
the first time you come
to class. Those who
haven't paid by the end
of the first week will be
removed from the roster.

To register for a class that has
already started, visit Westgate
Wellness during building hours.

NOTE: Registration for January
classes will be held December 19-
20 at Westgate Wellness.

All session fees are due
the first time you attend
the first week.

Contact Alena Jones, Aquatics
Leader II, ajones@dothan.org or
334-615-3753 for more
information.