

# ***SPINNING***®

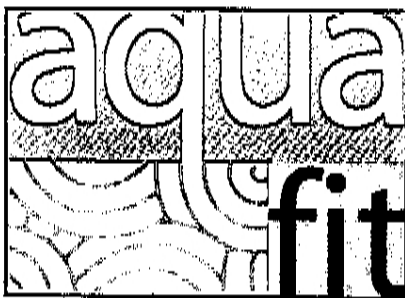


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AT AQUAFIT!**



**MAYBE IT'S BECAUSE YOU'LL BURN AS MANY AS 500 CALORIES PER 40-MINUTE RIDE. OR MAYBE IT'S JUST BECAUSE IT IS SO MUCH FUN! WHATEVER THE REASON, COME JOIN US FOR THE SPINNING PROGRAM AT AQUAFIT. WITH NO COMPLICATED MOVEMENTS TO LEARN, TOP-NOTCH INSTRUCTORS AND MUSIC THAT BEGS YOUR LEGS TO PEDAL, SPINNING CLASSES ARE AS FUN AS THEY ARE EFFECTIVE.**

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