



# Ultrahealth & Bay Club

Teaming up to present an aquatic exercise class

## Aquatic Conditioning

### One Class...Two Programs

- ◆ **Aquatic exercise is a non-weight bearing activity. Participants get all the benefits of the toughest aerobic class or cross country run without the impact on tendons, ligaments, or bones.**
- ◆ **This is the perfect way to recover from all the pounding of land based programs of athletes.**
- ◆ **Anyone at any age or fitness level can participate.**
- ◆ **Beginning Tuesday March 11, 2008 at the San Francisco Bay Club. (150 Greenwich St, SF CA )**
- ◆ **Classes will be held Tuesdays at 11am - 12pm**
- ◆ **Schedule early. Space is limited**



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~See back for more details~