



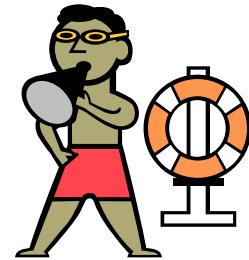
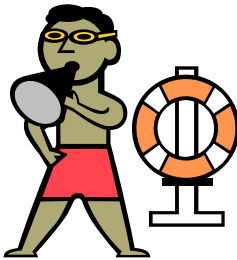
# Valley Baptist

## Health & Fitness Center

3001 N. Augusta National \* Harlingen, Texas \* 421-4061

# Aquatic Summer Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am <i>Esmi</i>		8am <i>Esmi</i>		8am <i>Esmi</i>
5:30pm <i>Alternate</i>		5:30pm <i>Alternate</i>		5:30pm <i>Alternate</i>
6:30pm <i>Lisa R.</i>		6:30pm <i>Lisa R.</i>		6:30pm <i>Lisa R.</i>



**This program includes exercises and components from basic and progresses to an endurance component with longer periods of increased, sustained activity. Program includes intensity and resistance variations. The exercises and activities are performed at a low to moderate rate of intensity to reduce the incidence of injury yet improve muscular strength and endurance. Components are warm-up, endurance, strengthening, cool down and optional games activities. The length of the endurance component may range from three to ten minutes. Class duration is 45 minutes**

Keep up with all we have going on by logging on to [www.valleybaptist.net](http://www.valleybaptist.net)

### **Valley Baptist Health & Fitness Center Hours**

Monday thru Thursday 4:45 am til 10 pm

Friday 5 am til 9 pm

Saturday 8 am til 4 pm

Sunday 1pm til 4pm