

CLASS LEVELS

Level 1:

This class includes water walking with range of motion and flexibility exercises. Slower cardiovascular pace. Recommended for those with arthritis or recovering from a recent surgery

Classes Offered:

Monday 10:20am
 Tuesday 9:25am
 Thursday 9:25am, & 10:20am

Level 2:

Total body workout designed to improve flexibility and increase muscular strength. Moderate to fast cardiovascular pace.

Classes Offered:

Monday 8:30am, 10:20am & 4:30pm
 Tuesday 5:45pm
 Wednesday 8:30am
 Thursday 8:30am, 10:20am & 4:30pm
 Friday 8:30am

Level 3:

For the 3 to 4 time a week exerciser with minor health problems. Total body workout with more intense muscle strengthening exercises and longer cardiovascular segment.

Classes Offered:

Monday 9:25am & 4:30pm
 Tuesday 8:30am+ & 5:45pm
 Wednesday 9:25am
 Thursday 4:30pm
 Friday 9:25am+

“+” denotes classes that include a free-weight portion on land



Upcoming Sessions & Cost

WINTER 2 SESSION

**January 9th— February 24th
 (7 WEEKS)**

Cost is as follows:

(prices do include Missouri Sales Tax)

- 1 class per week ~ \$60
- 2 classes per week ~ \$89
- 3 classes per week ~ \$110

Above prices **DO NOT**

include the annual \$15 Registration Fee.



(Members don't have to pay the annual Reg. Fee and they get a \$5 discount off listed price.)

** Make-ups for classes cancelled due to weather conditions or holidays are allowed, but NOT GUARANTEED **

TO REGISTER: Complete, Sign & Date the Attached Registration Form

For more information call Lece
 314-842-3111 ext 118

Registration Form

Payment is due at the time of registration.

Day(s)
 & Time _____

Participant's
 Name _____

Address _____

City _____ State _____

Zip Code _____

Home# _____

Cell/Work# _____

Email Address:

In Case of Emergency:

Name _____

Relationship _____

Home# _____

Cell# _____

Payment Amount _____

+

Annual Registration _____

=

Total Balance _____

Please see reverse side for Liability Waiver

Liability Waiver

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in any of the Vetta Sports athletic/sports programs and related activities, inflatable activities, and birthday parties, the undersigned:

A. Agrees that prior to participating, he/she will inspect the facilities and equipment to be used and if he/she believes anything is unsafe, he/she will immediately advise their coach or supervisor of such condition(s) and refuse to participate.

B. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result from their own actions, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to Vetta Sports or reasonably foreseeable at this time.

C. Assumes all the foregoing risks and accepts personal responsibility for damages which may hereinafter occur following such injury, permanent disability or death.

D. Releases, waives, discharges and covenants not to sue Veta, LLC, SPI Inc. dba Soccerdome, Westchester Tennis & Sports, LLC, St. Charles Indoor Sports, LLC, affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leaser of the premises used to conduct an event, all of which are hereafter referred to as "RELEASEES" from demands, losses or damages on account of injury from future participation, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise. Each Vetta Sports Club is an individual Missouri Corporation.

E. Agrees to carry personal health insurance in case of a sports injury.

F. RELEASES THE "RELEASEES" AND EXPRESSLY ASSUMES THE RISK OF INJURY AND DAMAGES; and will indemnify and hold harmless the "RELEASEES" as to any claims for injury and damage.

THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND RELEASE AND UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING AND DO SO VOLUNTARILY.

Participant's Signature:

Date:

Benefits of Aquatic Exercise & Therapy

Water buoyancy helps to protect recuperating knees, ankles and hips.

Great for overweight individuals looking for exercise, but unable to walk far enough out of the water to effectively burn calories.

Aquatic exercise reduces pain and increases flexibility.

Water supports and massages the body as you exercise.

All of the benefits of land exercise—without the sweat.

Reduced blood pressure, stress and risk of injury.

Often recommended following surgery to minimize postoperative swelling

Burn more calories during and after exercise.

More Fun!!



CONCORD



Aqua Exercise Program



winter 2012