

# SKE:G HIMDAG KI – AQUATICS CENTER

11725 E. INDIAN SCHOOL RD.



**HHS PUBLIC HEALTH: DIABETES PREVENTION SERVICES**



# AQUA FITNESS

**INTERVAL TRAINING**

**INSTRUCTOR: RACHEL SEEPIE, PHYSICAL FITNESS SPECIALIST**



**TIME: 6:15 PM – 7:00 PM**  
**TUESDAY & FRIDAY**

**AUGUST 5, 8, 19 & 22**

**SEPTEMBER 5, 16, 19 & 30**

**OCTOBER 3, 14 & 17**

**OPEN TO 15 YEARS AND OLDER  
(UNDER 18 MUST BE ACCOMPANIED BY  
PARENT/GUARDIAN/RESPONSIBLE ADULT)  
\*\*PLEASE FILL OUT PROGRAM'S HEALTH  
HISTORY, BEHAVIORAL & INTAKE FORMS  
PRIOR TO CLASS\*\*  
\*\*PICK UP AT DIABETES PREVENTION  
SERVICES FITNESS CENTER, 2<sup>ND</sup> FLOOR\*\***

## **CLASS DESCRIPTION:**

**AQUA-FITNESS INTERVAL TRAINING IS A FUN, LOW TO MODERATE INTENSITY: WATER  
WORKOUT THAT COMBINES CARDIO, CORE AND STRENGTH TRAINING. THIS IS AN  
INTERVAL STYLE CLASS. PROPS ARE USED AT THE INSTRUCTOR'S DISCRETION.**

**FITNESS CENTER: 480-362-7320**



**RACHEL.SEEPIE@SRPMIC-NSN.GOV**