

## **Aqua Fit by Embody**

In response to participant enthusiasm and popular demand, the Association is again hosting Aqua-Fit Revolution exercise class by Embody at the Clubhouse Pool.

Aqua Fit classes are a high- energy water workout with exercise modified for all fitness levels. There will be two (2) six-week sessions at the Hidden Springs Clubhouse Pool, Monday, Wednesday and Friday mornings from 9:00 to 10:00am.

Session 1 – Monday June 2nd – Monday July 14th (no class Friday July 4th) - \$75.00

Session 2 – Monday July 21st – Friday August 29th - \$75.00

To hold the classes, a minimum of 20 (Maximum of 40) must be signed up (for Session) with the fee paid by Friday, May 30th for Session 1 and Friday, July 11th for Session 2. You can pay for both sessions with one check.

Please make checks payable to HSTA and drop them off at the Town Office (5876 W Hidden Springs Drive) along with a signed waiver ([link to download waiver](#))

Please register with Embody with your contact information so the instructors can keep you informed in case there is ever a need to reschedule a class.

If we do not get enough participants, your check will be returned.

For more information about the instructors and Embody, please visit <https://www.embodyboise.com/aqua-fit-revolution-by-embody>.