

# Nomad Aquatics & Fitness

*Bringing Health & Fitness to the Neighborhood!*

11202 Harris Road  
Huntersville, NC 28078

Phone: 704-949-1555  
Fax: 704-949-1550

“Work it” with us this Summer!



**Nomad Aquatics  
& Fitness**

## *Aquatic Fitness Class Descriptions*

<i>Silver Sneakers Aqua Fit (Beginner Level)</i>	8:30am to 9:30am	Monday thru Friday  <b>With Missy</b>	Warm-up by walking & stretching in our warm water pool. Then get ready for a great cardio workout and cool down to fun, great music! We recommend Aqua Shoes and bottled water! Water weights and noodles are used in this class!
<b>DEEP WATER HYDRO-FIT (Intermediate/ Advanced Level)</b>	10am to 11am	Monday thru Friday  <b>With Missy</b>	Work on agility, flexibility, cardiovascular endurance and your health in this water aerobics class. We will use floatation belts and noodles for assistance, as well as a special strengthening kick-board and weights! Join us late morning to get your day off to a great start!

\*\* Private Water Aerobics is available with instructor. We also offer instruction for Arthritis, Prenatal and Muscular Therapy. For more info, please contact Missy @ 704-949-1543 or see the front office.