

# SWIM ATLANTA

# HydroFit

Low Impact. High Results. Feel the Difference.  
*Stronger in Water. Stronger for Life.*

## WATER AEROBICS FOR ALL FITNESS LEVELS



Low impact on joints  
Gentle on your body



Improve cardiovascular  
health & endurance



Build strength,  
tone muscles &  
increase flexibility



Reduce stress &  
boost overall wellness



**MONDAYS & FRIDAYS**  
**9:00 AM – 9:40 AM**

# \$10

**MONTHLY  
HYDROFIT PASS**

## HALF OFF

FOR THE FOLLOWING:



ALL GOLD'S GYM  
MEMBERS



ALL NEXT LEVEL  
FITNESS MEMBERS



PARENTS WITH CHILDREN  
ON TEAM OR IN  
SWIM LESSONS



**SWIM ATLANTA, HAMILTON MILL**  
1152 Auburn Road, Suite 400  
Auburn, Georgia 30011



(678) 889-2039



Roxanne@swimatlanta.com