

## **RB W.E.T. Class**

The RB W.E.T Class is an adult level class that will meet every **Wednesday** night. It is a water based class that is meant to elevate your heart rate as well as elevate muscular strength utilizing water as resistance. Requirements include a swimsuit, a towel. The instructor will be RB's very own Noelle Bajohr.

See below for cost of the session

- *Checks should be made to Riverside Brookfield High School.*
- *To reserve a spot, email [bajohrn@rbhs208.net](mailto:bajohrn@rbhs208.net)*
- *She will return your email and confirm the registration.*
- *You can bring your completed registration form and payment on the first day of class.*

Time – Wednesday Nights, 7:30 to 8:30pm

The class will have a 25 participant limit.

***FALL Session – 9 classes \$54***

September 4, 11, 18, 25

October 2, 9, 16, 23, 30