

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.

The cost of the class is \$54 (9 Sessions)

- *Checks should be made to Riverside Brookfield High School.*
- *To reserve a spot, email bajohrn@rbhs208.org OR call and leave a voicemail message for Noelle Bajohr at (708) 442-7500 x2122. She will return your email/call and confirm the registration.*
- *You can bring your completed registration form and payment on the first day of class.*

Time – 7:30 to 8:30pm

The class will have a 25 participant limit.

FALL SESSION

Starts: August 31st – Ends: October 26th