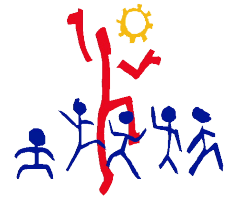


# Aquatic & Exercise Class Schedule



## Aquatic Center

### Water Aerobics – Instructor Led Classes

Tuesday and Thursday	12:15 pm
	1:30 pm
Monday and Thursday	5:30 pm

Classes are 60 minutes in length.  
Classes limited to 10 people per class. Please arrive no more than 5 minutes early. PLEASE call the office for availability

**Monthly:**

**\$125.00**

**All monthly payments are due at the first of the month, no exceptions and intitles you to 2 schedule classes per week.**

*NBTS accepts cash, check or credit cards. All card transactions are subject to a 3% processing fee.*

**Our team at new beginning is focused on Wellness. We are always conscious of keeping a clean and safe environment for our staff and clients. We are following CDC cleaning and sterilization best practices. Restructuring of the classes is to comply with the state and CDC regulations and will give our faithful clients the ability to resume a healthy exercise routine.**

**new beginning therapeutic services llc.**

Check us out at [www.nbts.us](http://www.nbts.us) or on Facebook for more information.

Call 706-253-6287 or email us at [info@nbts.us](mailto:info@nbts.us) for more information.