



IRWINDALE AQUATICS CENTER



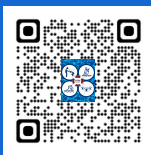
# AQUA STAND UP



**MONDAYS & WEDNESDAYS**  
**March 20 - April 20, 2023**  
**2:00 PM - 2:45 PM**

**ADDITIONAL INFORMATION ON THE BACK OF THIS FLYER**

**Training Program inspired by stand up paddle boarding mixed in with different fitness exercises like HIIT, Pilates, Yoga and muscular conditioning with a stabilized PADDLE BOARD placed on the water.**



# Mondays & Wednesdays

**MARCH 20 - APRIL 20, 2023**

**2:00PM - 2:45PM**

---

*AQUA STAND UP is the best total body workout on an inflatable stand up paddle board. These fun and safe exercises are designed to improve balance, stabilize the core muscle groups, and increase cardiovascular endurance. The bonus, it's possible to burn up to 650 calories in the 45 minute workout.*

*Pre-Registration REQUIRED.*

**AGES 16 & Older**

**Proper swim attire required.**

---

**Residents may register: Tuesday, March 7, 2023 at 6PM**

**Non-Residents may register: Monday, March 13, 2023 at 6PM**

Registration starts at 6PM on date specified or any time after (during operating hours) as space allows.



**CLASS FEES**  
**RESIDENTS:\* FREE**  
**NON-RESIDENTS: \$40**



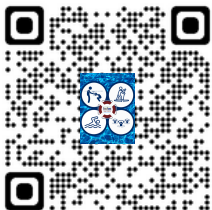
\*VALID Resident ID card required or Irwindale City Employee card required for persons wishing to participate as an Irwindale resident.

---

**ALL STUDENTS MUST BE REGISTERED**

**\* Limited to first 8 registrants.\***

The Irwindale Aquatics Center may use photos, film, videotape or otherwise reproduce the image and/or voice of any person who participates in any Aquatics program, class, or special event and use the same for any purpose without any payment. Your participation in any Aquatics program, class, or special event constitutes your permission to use your likeness.



For more information, please contact the  
Irwindale Aquatics Center  
16053 Calle de Paseo, Irwindale, CA 91706  
626-430-2248 [www.irwindaleca.gov](http://www.irwindaleca.gov)

Aquatics Center  
Spring Hours of Operation  
Tuesday, March 7, 6pm-8pm  
Wednesday, March 8 - Thursday, June 8, 2023  
Monday - Thursday  
2PM - 8PM