

February 2007

Sent: February 5, 2007 9:50 AM

Thank you so much for the Waterart class. It was certainly valuable and I have a lot to learn. I especially enjoyed the time in the water when we could practice. I would love to come to your class some time so you may see me. Thanks for all your hard work.

Judy Walseth (Washington, USA)

Sent: Tuesday, February 13, 2007 8:09 AM

Drusilla:

Thanks, I could not have achieved my goals without your company's educational programs that make learning fun. This has been a scary and huge learning process, leaving senior recreation behind and opening my own LLC. I hope and dream of having certified Water Art instructors in all our surrounding communities from Hydro Fitness.

I would love to provide a link to Water Art on the site. This way when someone is asking about education for their facility you area click away.

Thanks again for all the exciting education I hope to catch up with you soon.

Laura (Florida, USA)

Sent: February 13, 2007 12:59 PM

Hi Julie,

My membership package arrived here in Arizona, safe and sound -- thanks very much - I love the cuffs!!!

Just for your info Julie -- I am teaching two aqua classes again this year at our RV resort here in Yuma, Arizona and the numbers of participants are growing. I have many compliments not only the fun we have but how great everyone feels and remember!!

Thanks again!

Diane (Ontario, Canada)

Sent: February 16, 2007 6:04 PM

Thank you, Julie.

I guess the forgetting goes both ways, sorry about that. I think it was my muscles that remembered you more than my brain... NOW I know what Muscle Memory means.

By the way, those tricep exercises were great. And seeing the step up above simply adding increased resistance through traveling will really help with our high intensity "Aqua-Deep" class for cross training athletes.

No hard feelings about the weights. You made a very good point for me in front of staff that is going to save me from having a big argument later down the road.

Thanks,
Eric (Montana, USA)