

Aqua BOOT CAMP

NEW
Drop-in Water
Exercise Class

**Tuesdays &
Thursdays**

8 – 8:55 a.m.

(Now through May 17)

Looking for a new workout routine that can increase or maintain your fitness level but is easier on your joints? Come join our new Aqua Boot Camp Class! This higher intensity class is designed to be low impact on your joints while maintaining or improving cardio conditioning using various training methods such as Circuits, HIITs (High Intensity Interval Training), and Tabatas. The class also incorporates strength, balancing, resistance, and core training for a complete body workout. So if you're looking to add a new challenge to your fitness routine, come check it out!

