



AQUA MAT BOOTCAMP

NEW CLASS!!!!

Come join the fun in the pool and test your balance and core strength as you work out on the new water exercise mats! We will be doing a variety of exercises to improve balance, strength, core and endurance as well! It's new and best of all its FUN!



**Mondays
&
Wednesdays
5:30-6:30pm**

**FREE
for Members
Drop-in fee
for Non-Members**

**Class limited to
10 participants**

