



WAVERLEY OAKS
ATHLETIC CLUB

“B”IRGIT SWAIN

Take Water Fitness Classes with our Group Fitness Instructor of the Month

OCTOBER

GROUP FITNESS
INSTRUCTOR OF
THE MONTH

2019

In 2010 B. Swain took her first water fitness and it was a game changer. She went from being a participant to being an instructor in 2015 after being inspired to study under boot camp instructor Peter LeVelle. She is currently certified through Aquatic Exercise Association. She likes to get the participants in her class to shake, rattle and roll on a weekly basis. Shaking it up by switching up the routine each week. Rattling the muscles with a mix of cardio and resistance work and rolling to the sounds of music ranging from the Swinging 40's to the Upbeat 2000's. She welcomes people of all ages and levels into her class where the goal is to have fun, fun, FUN! Not even realizing you are working hard to a healthier you.

Most of her time is directed in raising her FOUR children that continue to teach her a thing or two everyday. In her spare time B. Swain enjoys pushing her culinary skills in a monthly gourmet group and playing in a volleyball league. She is stoked that she is being highlighted during her favorite month, October



10:00am Fridays

Aqua Burst