



Water Aerobics



PRICE: \$3 / Class or
\$55 for a 20 Visit Punchcard

MORE INFORMATION PLEASE CALL

941-263-6REC(732)

H2O Cardio: M, W, F 7AM - 8AM

Join us for an energetic deep-water class. This class is designed to reduce stress on joints while still improving your overall endurance, range of motion, and balance. You must be comfortable in deep water and know how to swim.

Ms. Pauline's Class: M-F 9AM - 10AM

Low & slow impact workout that is aimed at strengthening and toning ones muscle.

Jogaqua: T, Th 12PM - 1PM

High resistance, low impact workout that is aimed at strengthening and toning ones muscle while walking or jogging in the pool.

H2O Power: T, Th 6PM - 7PM

Experience the difference in deep water. This class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! H2O Power is designed for all levels. Participants should be comfortable in deep water & know how to swim.