



Water Aerobics



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

MORE INFORMATION PLEASE CALL
941-263-6REC(732)

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.