



# Aqua

## Cross Training

at the Sports Core Pool

This high-intensity, total-body workout combines cardio fitness with strength toning using our aqua bikes & trampolines to achieve results.

Instructor: Julie Winterling

**Tue/Thu**  
**7:00-7:45am**

Aqua shoes required

Oct 4-Nov 18\*  
Nov 23-Jan 4\*  
Jan 11-Feb 17  
Mar 8-Apr 14

Must have 5 registered participants

No class 10/12-10/17, 11/25,



**12 Classes | 6 Weeks**

\$90 Swim Member  
\$95 Ocean Pines Resident  
\$100 Non-Resident

**Drop-In** Subject to availability

\$8 Swim Member  
\$10 Ocean Pines Resident  
\$12 Non-Resident



**Call to Register: 410.641.5255**

Sports Core Pool  
11144 Cathell Rd, Ocean Pines, MD 21811 | [OceanPines.org](http://OceanPines.org)