



# 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**  
**7:00-7:40AM**

**Nov 3 - Dec 15** *No class 11/26*

**Jan 5 - Feb 11**

Aqua shoes required. Class limited to 12 participants.

**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)*

