

OCEAN PINES AQUATICS

Agua Yoga

This low-impact class makes it possible for people with joint pain to improve their strength, flexibility & range of motion. The buoyancy of the water takes the pressure off the joints, alleviating pain or discomfort.

with *Chrissy Ehrhart, Certified Yoga Instructor*



Wednesdays & Fridays 8:00am - 8:45am | 12 Classes

OCT 28 - DEC 4* | DEC 21 - FEB 3**

SPORTS CORE POOL

**No class 11/23 & 11/27 **No class 12/25*

\$60 Swim Member | \$70 OP Resident | \$86 Non-Resident
Drop In: \$5 | \$6 | \$7

Sports Core Pool | 11144 Cathell Rd, Ocean Pines, MD | 410.641.5255 | OceanPines.org