

WATER

BOOTCAMP

AT THE
SPORTS CORE POOL



This intense fitness class is boosted by the benefits of water resistance with the bonus of little to no impact on joints. Never the same class twice, each workout features weight and resistance training, cardio and an instructor who is retired Army.

MON, WED & FRI | 6:00—6:50PM

OCT 26—DEC 4 | DEC 14—JAN 22*

**No Class 12/25*

★ **INSTRUCTOR: MARIA LOVE** ★

AFPA Certified Aquatic Instructor

18 CLASSES / 6 WEEKS

Swim Members \$55

OP Residents \$65

Non-Residents \$81

DROP-IN

Swim Members \$5

OP Residents \$6

Non-Residents \$7