



Water Bootcamp

Take off your boots and take the water challenge!!

4 week session ~ October 20th – November 12th

Included in the Plus Membership

Tuesdays and Thursdays

5:45-6:30am

Instructors:

Jeannie Nold and Bruce Kleinsasser

We are taking Boot Camp to the water for more sweat and fun! Water workouts are energizing, easy on the joints and offer 10x the resistance as land exercise. This class will utilize dumbbells, noodles, cables, Hydro-rider bikes, Steps, etc., to give you an awesome total body workout in the water. Not a swimmer? No problem! We have floatation belts for all the non-swimmers!

