

ARE YOU READY FOR.....

.....a fast paced 1 hour workout in the pool ?
.....higher intensity & interval training techniques ?

Then the **NEW AQUA BOOT CAMP** is for you!!



Classes start
Saturday, October 3, 2020
9:00-10:00 AM

Drop-in \$5

Punch Cards	12	24
Adult	\$45	\$80
Senior/Vet	\$40	\$65

Participants will be challenged with movements to gain greater muscle strength & endurance.

Core Muscles will get stronger from the resistance of the water.

Balance & coordination work will be done in deep & shallow water.

Payable to: Otsego County Sportsplex PO Box 1886 Gaylord MI 49734

989-731-3546 www.ocsportsplex.com