



# Aqua Swim Class

Get ready to tone and sculpt your body without impacting your joints. This popular water workout uses buoyant weights and noodles to deliver an awesome cardio and resistance workout. Dive in and experience it for yourself. Suitable for all age groups.

## When:

### Monday:

10:00 am-10:30am  
with Brooke

### Wednesday:

6:30am-7:00am  
with Walker

### Friday:

10:00am-10:30 am  
with Brooke

### Sunday:

6:30am-7:00am  
with Walker

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## Bring:

Participants may bring their own water shoes and gloves.

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## Duration:

30 min  
200-350 Calories

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