

# HYDRO-FIT

W/KIM KELLAGHER

*A High-Intensity, Full-Body Aqua/Land Workout*



**On-Going** (Monthly)

**FRIDAYS: 9:00-9:45am**

**COST: \$120**

6-8 Participant Maximum

Participants must be proficient in front crawl and treading water for 3 minutes.

**Call to Register!**  
**410-734-7300**

