

AQUA SWAG

*with Master Sports
Performance Specialist*
Bill Ackerman

SUCCESS POWER ATTITUDE GOALS

Success

Willpower

Attitude

Goals

Member: \$120
Non-Member: \$160
Drop-In Rate: \$25

Wednesday & Friday
10-10:45am

December 26th - January 18th

Aqua S.W.A.G. is intended for individuals who have plateaued in their current exercise routines & want variety. Group Personal Training class is goal-oriented. Cardiovascular training in the pool, along with strength training circuits.

