

Athlete H2O

with Master
Sports
Performance
Specialist
Bill Ackerman

Saturday 8:45-9:45am

December 22, 29
January 5, 12, 19, 26



Train the body at a high sports performance level without taking toll on the body. **Benefits include Metabolic Conditioning, Injury Prevention, Strength & Flexibility in one dynamic hour.**

Training takes place in the
MAIN POOL.

Cost: \$150

