

Early Morning Water Workout

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Early Morning Water Workout is an energetic cardiovascular water exercise that includes resistance training and interval training. This class is perfect for all levels of fitness including individuals desiring a new mode of cross training.

MONDAY, WEDNESDAY, FRIDAY: 7:30 – 8:30AM

COST: \$6 DROP-IN OR \$50 10-PUNCH PASS

PHYSICIAN APPROVAL RECOMMENDED

AGES; 16 +



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