

Boot Camp Aquafitness

No doubt you've heard of the new fitness "Boot Camps"? Well, we've decided to go one step further and start an Aquafitness Boot Camp! If you're looking for a more intense and rigorous workout in the water, then come and give this class a try! It's perfectly suited to people who are comfortable going into the deep end of the pool (with floatation), and those with a basic level of fitness.....don't be scared off by this, it's just not a class for absolute beginners, that's all!

This new, introductory program will take place on Thursday evenings from 8:00 to 9:00 pm under the expert leadership of Krista Jefferies. Here are some more details:

- FREE Introductory Class on Thursday October 23rd. Come and give it a try with no obligation but please give us a call at 623-7301 to let us know you'll be attending.
- Full program begins on Thursday October 30th and continues for 5 weeks
- Registration is required for the full program. Cost: \$60

As the classes progress, you'll need to provide some basic equipment including water shoes and hand weights; Krista will advise everyone on this. We're very excited to see this new Boot Camp Aquafitness gain popularity and grow! If you have any questions about the program, please feel free to call Krista at 623-7301; ask for the Pool Office!