

WINTER WELLNESS SERIES

FLUID RUNNING

Fluid running is a full body workout for everyone at any age and ability. Fluid running takes place in the deep end of the pool and requires wearing a floatation belt. It is great for strength building, injury reduction, zero to low impact, improved cardiovascular health!

TRIAL CLASS: WEDNESDAY, JANUARY 28TH

TIME: 7:00PM-7:30PM

REGISTRATION REQUIRED, LIMITED SPOTS, NO FEE

FEBRUARY: 4-WEEK SESSION

WEDNESDAYS: 7:00PM-8:00PM

FEBRUARY 4TH - 25TH; FEE: \$60.00

REGISTRATION REQUIRED, LIMITED SPOTS

ONLINE REGISTRATION TITLE - WELLNESS SERIES: FLUID RUNNING AQUATIC CLASS
WELLNESS SERIES: FLUID RUNNING TRIAL CLASS