

# AQUA BOOTCAMP POP UP CLASS



**SUNDAY, MARCH 8TH**

**9AM-10AM**

Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults of all ages can benefit from this high intensity, interval workout using resistance equipment for an additional challenge. Great cross training option for athletes wanting to reduce impact without sacrificing intensity. Great for increased cardiovascular endurance, increased flexibility, coordination, agility and muscle strength and toning.

**MEMBER - \$8**

**NON-MEMBER - \$12**

**BETHLEHEM TOWNSHIP COMMUNITY CENTER**