

AQUATIC BOOT Camp

To begin the trilogy Silverlake's Aquatic Staff will challenge you with an extreme class of endurance, speed, and muscle strengthening in the water!

The Value of Knowing & Feeling Like You Haven't Wasted a Single Second

If you're looking to take it to the next level then this is the class for you!

AQUATIC INTERVAL Abs

This combination of core strength and cardio intervals will not only strengthen your abdominal muscles.

This Second Series Will Have Your Heart Racing & Your Abs Screaming

But the class will also blast the fat away from that pesky midsection.

AQUATIC MUSCLE Condition

The final session of the series focuses on a total body muscular workout.

Complete the Trilogy by Pushing Your Muscles to the MAX.

In a class that uses bands and aqua-weights, we will explore muscular Conditioning.

MONDAYS:
JAN 7, 14, 21, 28
7:30 PM

MONDAYS:
FEB 4, 11, 18, 25
7:30 PM

MONDAYS:
MAR 3, 10, 17, 24
7:30 PM

SERIES info

AQUATIC

classes will be held on
MONDAYS
At 7:30PM

The 45 minute long workout will be conducted by the Aquatic Training Staff. Please meet in the large pool unless changed by the instructor.

Dress like you always do for Aquatic Fitness.
Also be sure to bring water.

Sign Ups are being held at the front desk (during specified dates), and payment in full is required to reserve your spot. Keep in mind that the sessions will fill up.

VALUE:
ONE MONTH SESSION: \$25
ENTIRE THREE MONTHS: \$65



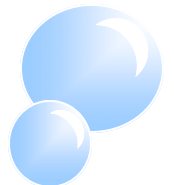
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Erlanger, KY 41018

AQUA TRILOGY

BOOT Camp

INTERVAL Abs

MUSCLE Condition



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Erlanger, KY 41018
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