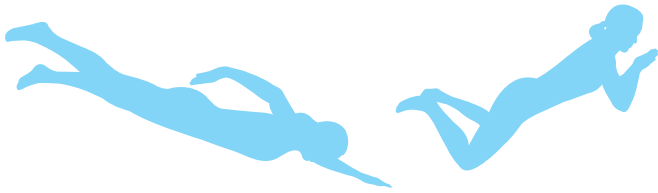


AQUA MINICLINICS

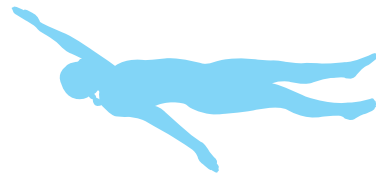


*experience aquatic personal training **on us***



If you've always wondered about working out in the water, but wasn't sure how to get started or which program to try... **Join our aquatic team for a month-long series of mini clinics designed to give you a taste of our options.**

February



AQUA CHALLENGE | DEBBIE TRACY
TUESDAY, FEBRUARY 7TH | 12:00-1:00PM

AQUA CHALLENGE Think you can't sweat in the water? Rev your engine and burn calories with this deep water workout designed to build endurance and work your muscles.

CORE AND MORE | KAREN ALEXANDER
WEDNESDAY, FEBRUARY 8TH | 5:00-6:00PM

CORE AND MORE A total body workout in the water, working upper and lower body strength with an emphasis on core.

WALKIN' ON WATER | SUE MAYER
WEDNESDAY, FEBRUARY 13TH | 6:00-6:45PM

WALKIN' ON WATER Discover how water walking can improve cardio conditioning, build strength using the resistance of the water and be a great workout without the impact on your joints.

AQUA CHALLENGE | DEBBIE TRACY
TUESDAY, FEBRUARY 14TH | 12:00-1:00PM

WALKIN' ON WATER | SUE MAYER
TUESDAY, FEBRUARY 21ST | 10:00-10:45AM

AQUA CHALLENGE | DEBBIE TRACY
TUESDAY, FEBRUARY 28TH | 6:00-7:00PM



**DEBBIE
TRACY**



**KAREN
ALEXANDER**



**SUE
MAYER**

Come ready to get in our warm water, Salt Pure pools.



For more information, please contact
Ann Shaw at ashaw@macwellness.com.