



AQUA

CROSS TRAINING

at the Sports Core Pool

This high-intensity, total-body workout combines cardio fitness with strength toning using our aqua bikes & trampolines to achieve results.

Instructor: Julie Winterling

TUE/THU
7:00-7:45AM

Feb 23 - Apr 8 *No class 3/29-4/2*

Apr 20 - May 27

Aqua shoes required. Class limited to 12 participants.

12 CLASSES | 6 WEEKS

\$90 Swim Member
\$95 Ocean Pines Resident
\$100 Non-Resident

DROP-IN *Subject to availability*

\$8 Swim Member
\$10 Ocean Pines Resident
\$12 Non-Resident



CALL TO REGISTER: 410.641.5255

Sports Core Pool
11144 Cathell Rd, Ocean Pines, MD 21811 | OceanPines.org

