

# shape ups

Enjoy a fun, total-body workout set to music while using pool noodles, water jugs & foam barbells. We finish with a spirited march!

# H2O

at the Sports Core Pool



Tue / Thur 8-8:50am

Sep 7-Oct 14

Oct 26-Dec 7

Dec 14-Jan 20

Feb 1-Mar 17

Mar 29-May 5

12 classes | 6 weeks

\$40 OP Swim Members

\$50 OP Residents

\$65 Non-Residents

Drop-In

\$5 OP Swim Members

\$6 OP Residents

\$7 Non-Residents

