

WATER

BOOTCAMP

This intense fitness class is boosted by the benefits of water resistance with the bonus of little to no impact on joints. Never the same class twice, each workout features weight and resistance training, cardio and an instructor who is retired Army.



MON, WED, FRI | 6-6:45PM

MAY 15-JUN 23 | JUL 3-AUG 11 | SEP 6-OCT 13

INSTRUCTOR: MARIA LOVE

AFPA CERTIFIED AQUATIC INSTRUCTOR

18 CLASSES

SWIM MEMBERS \$60
OP RESIDENTS \$70
NON-RESIDENTS \$86



DROP IN

SWIM MEMBERS \$6
OP RESIDENTS \$7
NON-RESIDENTS \$8

REGISTER: 410.641.5255

Sports Core Pool
11144 Cathell Road, Ocean Pines, MD
410.641.5255 | oceanpines.org