



H₂O CIRCUIT

ABOUT

Come experience this 45 minute workout program for the Multi-sport participant on Monday nights in November and December. Five workout stations including the wall, paddles, bicycling, treading water, and cross country skiers with additional water exercises throughout the session.

DETAILS (PN510429-11) (PN510429-12)

Come use those muscles in a different format with water resistance:
3 minute intervals – 1 minute transitions – for a 45 minute workout.

Kathy Ball is the instructor for H₂O Circuit. You can contact her at 573.364.8534 to learn more about the program!

Ages: 17 & Older

Time: Mondays, 7:00 – 7:45 PM

Date: Session 01: November 7, 14, 21, 28

Session 02: December 5, 12, 19, 26

Location: Natatorium 3 – Lanes

Fee: \$20 per session (*\$5 member discount limited for first 15 that sign up*)

Max Enrollment: 15 per session