

Boot Camp H2O

Not your mother's water aerobic class.



Boot Camp H2O is meant to push participants to their absolute limits!

This class is geared for strong, confident swimmers who have the ability to keep moving **HARD** and **FAST** the entire hour. We focus on rigorous cross training, swimming, boxing, water polo, aerobics & traditional strength training.

If you feel this is too much, the Park District proudly offers Water Aerobics. MWTh \$75 per month.

Class meets 4 times a week. MTWTh

June, July and August

5:15 to 6:15 pm

\$100 a month

Max 10 people



Due to the intensity of this class, those who are unable to prove they are a strong swimmer or unable to keep up will be issued a refund. There is a swim test on your first day.

Register online at: www.bigbearparks.com