

Adult Water Classes



elite
SPORTS CLUBS

EliteClubs.com

Enjoy a
No-Sweat Workout
in our Brookfield
or Mequon Pools!

AQUA ZUMBA -

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during this safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief! 45 min.

H2O BLAST -

Take your cardio workout into the water with this joint friendly cardio class. The class will include also include toning. 60 min.

SWIM FIT -

Adult swimmers of all levels will enjoy this swimming workout. Different workouts for each level will develop your endurance, strokes and transitions to make your water workout more productive. You will get your hair wet during this class. 60 min.

Aqua Zumba

Tuesday	6:00 p.m.	Mequon
Tuesday	8:00 a.m.	Mequon

H2O BLAST

Monday	6:00 p.m.	Brookfield
Tuesday	11:00 a.m.	Brookfield
Wednesday	8:00 a.m.	Mequon
	6:00 p.m.	Brookfield
Thursday	11:00 a.m.	Brookfield
Saturday	8:30 a.m.	Brookfield

SWIM FIT

Tuesday	6:30 p.m.	Brookfield
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Brookfield
13825 W. Burleigh Rd.,
(262)754-3467, FAX (262) 786-9619

Mequon
11616 N. Port Washington Rd.,
(262) 241-2450, FAX (262) 241-4384