

NEW

Float Fit Classes



- Passes **must** be purchased in advance during regular business hours.
- Passes purchased for that week must be used for that class only and cannot be used for the following week.
- Passes can be purchased for the next class starting the next day.
- Spots are limited with only 12 for each class, you must come in to sign up/buy a pass.
- The cost is \$7.65 or Free with a Pool Membership.

Yoga Movements

Stretching and breathing exercises

Core conditioning/strengthening

Expect some higher intensity movements.

Please come in comfortable workout attire.

Sunday 5:00 – 6:00 pm

Wednesday 8:00 – 9:00 pm

Friday 1:00 – 2:00 pm (starting April 26)