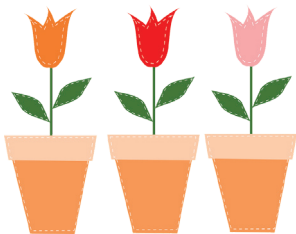


Spring Into Fitness 2018

Seymour Community Wellness



Spring Session
April 2nd-May
25th

Registration Dates
March 19-April
2nd

At the Seymour
Community Aquatic
Center

*A minimum of 4 participants
needed to run the class.*



BOOT CAMP

Enjoy great energy and great results... while you train, shape and strengthen your body in this cutting-edge, high level strength class. This total body workout will keep you coming back for more!

High School Field House, Fitness Center Area
M/W 4:45-5:45pm
Fee: \$60

All classes held at the Seymour Community Aquatic Center

AQUA AEROBICS

A low impact class set to music where you can choose your intensity while increasing your cardiovascular fitness and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles and resistance dumbbells.

T 6:00-7:00 am

Fee: \$30

W 5:30-6:30 pm

Fee: \$30

SENIOR FIT CLUB

A low impact class designed for our seniors and held in our zero depth entry, 92 degree pool. You can choose your intensity while maintaining/improving your range of motion, joint and muscle flexibility and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles and resistance dumbbells.

M/W 10:30-11:30 am

T/TH 4:00-5:00 pm

Fee: FREE with membership

Seymour Community Aquatic Center
10 Circle Drive, Seymour • 920-833-9704
seymour.k12.wi.us