

High-Intensity Cardio Workout ● Core Strengthening ● Cross-Training Alternative



Join us for

Aqua Boot Camp

Wednesdays and Fridays beginning May 16

5:30 p.m. – 6:30 p.m.

RecPlex Leisure Pool

FREE GROUP EXERCISE CLASS



For more information, please contact the RecPlex at (954) 262-7301 or email recwell@nova.edu.