

If you think
water aerobics isn't
a fitness challenge,
THINK AGAIN!



Join us for

Aqua Boot Camp

With simple water dumbbells and the resistance of the water, this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge.

Every Saturday at 9:30 a.m.
RecPlex Leisure Pool



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