

A photograph showing three women in a swimming pool, leaning forward with their arms resting on a blue mat. They are participating in an Aqua Barre class. The water is clear blue, and the women are wearing dark swimwear.

# AQUA BARRE

Sculpt & Strengthen with Water Resistance and Body Weight Training

**04 classes**

**45  
minutes**

**Tuesdays @ 10am  
October 1st-22nd**

**\$25 for Session or \$10 per Class**



**INSTRUCTED BY STEPHANIE HOWARD**

A Barre Class with a SPLASH!  
This medium- intensity class will focus on small movements to tighten and tone utilizing the pool side similar to a ballet barre.

**Call FAC to Register 616.847.5858**