

COME JOIN US IN THE WATER

@ EAGLE HARBOR WATERFRONT POOL

# HYDRO FITNESS



## FUNCTIONAL Water Fitness

Military Spouse Owned

\$6

Per Class

PUNCH  
CARDS  
AVAILABLE

12 Classes  
for \$72

CERTIFIED  
STAFF  
INSTRUCTORS

BRING  
YOUR OWN  
EQUIPMENT\*

Whether your goal is  
getting in a great workout  
or rehabing an injury,  
we're here to make a splash!  
Get wet while you sweat.



Like us on  
Facebook

@Hydrofitness&more,llc

For more info call  
904-502-4499

### Hydro - Cise

Low to Med impact.  
Perfect for all  
fitness levels.  
promotes agility &  
range of motion  
while building  
cardiovascular and  
muscular strength.

Tuesday @ 9:00am

### Hydro - Blast

We take the  
Hydro - Cise class  
and turn it up to  
include a challeng-  
ing total-body  
workout with inter-  
vals and endurance  
training.

Wednesday @ 9:00am

### Hydro - Cise

Low to Med impact.  
Perfect for all  
fitness levels.  
promotes agility &  
range of motion  
while building  
cardiovascular and  
muscular strength.

Thursday @ 9:00am

### Hydro Fusion

Cardio infused with  
Yoga, Barre, and  
Pilates. Strengthen  
your core, gain  
mobility and agility.

Saturday @ 9:00 am

\*Suggested items for water fitness: Aqua resistance bells , gloves or bells, Yoga pants or shorts,  
Tight running bra under bathing suit or shirt for women. Water shoes with tie up laces