

A large background image showing three women in a swimming pool, performing aqua barre exercises. They are leaning forward with their arms extended, using a blue resistance band. The water is a vibrant blue, and the scene is bright and energetic.

# AQUA BARRE

Sculpt & Strengthen with Water Resistance and Body Weight Training

**04 classes**

**45  
minutes**

**Tuesdays @ 9am  
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 in the shallow end of the pool.

**Call FAC to Register 616.847.5858**