

A 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

Registration Fees

Non-Member Rate : \$ 60
Member Rate : \$ 30
Annual Member Rate : \$ 24

4 CLASSES
45 MIN EACH

Tuesdays @ 10am
August 5, 12, 19 & 26

registration fees based on participant's membership status, registration fees are non refundable



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 to Register

616-847-5858



Spring Lake Fitness and Aquatic Center
16140 148th Ave Spring Lake, MI 49456



SLFAC.com/specialty-programs