



New morning class!

H₂O Combo



A great combination of gentle cardiovascular and a power strength workout utilizing the maximum resistance of the water by increasing the amount of force applied in a vertical water exercise program.
Using AquaLogix[®] (*medium intensity*).

Monday / Wednesday

6:30 a.m. - 7:20 a.m.

*Mission Valley
Indoor Pratt Pool*



**Classes begin
January 5**