



Schoolcraft College

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Aquafit Interval Training

Work off unwanted pounds while improving your flexibility, range of motion, upper-body strength, and endurance. In shallow water using various class formats, tone your entire body using provided noodles, kickboard, fins and barbells. All fitness levels welcome. You do not need to know how to swim to take part in this class.



CES 9898 \$45/Senior Cost \$22.50

7 weeks Thurs Mar 6 8-9pm
Sec. 918731 PE Pool K. Carzon



REGISTER ONLINE AT <http://webadvisor.schoolcraft.edu>, BY MAIL, OR WALK-IN



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