

# H2O BOOT CAMP



**FOUR-WEEK SERIES - JUNE 6th - 27th**

**Tuesdays | 6:30 - 7:15 p.m. | Outdoor Pool**

- Full body workout in the 5'6" deep end of the outdoor pool.
- Use different types of equipment for suspension in the water.
- Challenge and improve total body strength, fitness, balance, endurance, coordination and cardiovascular health.
- Low impact for all joints.
- \$12 Members \$ 50 Non-members
- Sign up online or at the front desk

**FOR MORE INFORMATION** Contact Julie Gipson | 402.413.4016 | [jgipson@madonna.org](mailto:jgipson@madonna.org)