



J. Cleo Thompson
Wellness Center

AQUA-BODS

Class Category: Water Therapy

Class Type: Water Aerobics

Class Description: The beauty of water aerobics is that gravity has to take backseat while the water allows us to move freely in ways that are more difficult on land. Keeping impact at a minimum we will add resistance to our workout as if using weights in the gym making our muscles still have to work to gain strength therefore getting our heart rate up for a cardiovascular fitness workout as well!

Instructor: Stormi Oglesby

SPLASH ON!