



J. Cleo Thompson  
Wellness Center

# AQUALILLIES

Class Category: Water Therapy

Class Type: Water Aerobics

Class Description: Aqualillies is a water aerobic class focused on more of a beginner and older adult level. Working on range of motion in our shoulders and hips and adding resistance to strengthen weak muscles while keeping the heart rate up in intervals allowing for time to recover.

Instructor: Stormi Oglesby

SPLASH ON!