



*belin*health | Bond Community
Center

AQUA BODY STRONG BOARD CLASSES

5 Week package starting the week of January 10th.
\$45.00 per package - 5 spots open per class
Wednesday Evening class - 5pm, Jan. 12th-Feb. 9th
Saturday Morning class - 7:30am, Jan. 15th-Feb 12th

JOIN THE AQUABODY STRONG MOVEMENT,
THESE WATER FITNESS BOARDS ARE THE
PERFECT PLATFORM FOR CORE STABILITY AND
FITNESS TRAINING.

Call the Front Desk to Register 920.834.5585