

Aquatics Personal Training

in our Elite Pools

This training will incorporate specialized equipment to enhance the full use of the water's natural resistance and buoyant qualities.



BENEFITS

Low Impact

- * Gravity reduced environment helps decrease load on joints while increasing resistance.

Improve Your Health

- * Increase your strength, endurance and flexibility.

Excellent for Rehabilitation

- * Increase your lower back strength and flexibility.

Prior swimming experience is not required.

Aqua training rates

Hour \$55 Member/ \$65 Non-member
Group (2 persons) Price per person
\$40 Member/ \$80 Non-Member

Aqua training sessions offered at Elite Sports Clubs

11616 N. Port Washington Rd., Mequon ~ 262-241-4250

Jessica Heller, Certified Strength and Conditioning Specialist, Aquatic Exercise Association Aquatic Fitness Professional

Bernie Fuller NATA (National Athletic Trainers' Association)

13825 W. Burleigh Rd., Brookfield ~ 262-754-3428

Beth Clark American Red Cross Lifeguard and Water Safety Instructor
AFAA Group Fitness and Personal Trainer