

Adult Water Classes



elite
SPORTS CLUBS

EliteClubs.com

Enjoy a
No-Sweat Workout
in our Brookfield
or Mequon Pools!

AQUA ZUMBA -

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during this safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief! 50 min.

H2O BLAST -

Take your cardio workout into the water with this joint friendly cardio class. The class will include also include toning.

45 Minutes Mequon.

60 Minutes Brookfield

Aqua Zumba

Thursday 11:00 a.m. Brookfield

Thursday 6:00 p.m. Mequon

H2O BLAST

Monday 6:00 p.m. Brookfield

Tuesday 11:00 a.m. Brookfield

8:00 a.m. Mequon

6:00 p.m. Mequon

Wednesday 6:00 p.m. Brookfield

Thursday 8:00 a.m. Mequon

Saturday 8:30 a.m. Brookfield

Brookfield
13825 W. Burleigh Rd.,
(262)754-3467, Fax (262) 786-9619

Mequon
11616 N. Port Washington Rd.,
(262) 241-4250, Fax (262) 241-4384