

# WATER WOD

Water Work Out of the Day: a workout  
you can submerge yourself in

\*must be able to swim 25 yds continuously

**5 week sessions beginning  
June 27th-August 3rd.**

**No WOD the week of July 4th**  
Meets at the covered pool

Tuesday/Thursday 6:30pm

Tuesday/Thursday 11am

Tuesday/Thursday 4:30pm

Member: \$59

Non-Member: \$110

Sign Up  
Online!

SUN  AKS

TENNIS & FITNESS