

ALLEGANY COMMUNITY CENTER

SHALLOW WATER HIIT

There will be a
\$30.00 fee for NON-ACC
members

COME ENJOY OUR

NEW WATER PROGRAM:

4 WEEK PROGRAM

TUESDAY NIGHTS

6—7 PM

STARTING JAN. 17th—FEB. 7th, 2017

WHY?

- TAKES PRESSURE OFF JOINTS
- BUILDS CORE STRENGTH
- FULL BODY WORKOUT
- EASE OF MOVEMENT
- LOWER RISK OF INJURY
- INCREASE CARDIOVASCULAR FITNESS
- INCREASE CIRCULATION
- RELEASES STRESS AND TENSION
- EASES STIFF JOINTS AND RELAXES SORE MUSCLES

SHALLOW WATER HIIT:

Combines strength exercises with cardio bursts for the full body calorie burning water workout!

SIGN-UPS ARE A
MUST!!

SIGN UP BY
THURSDAY,
JANUARY 12TH

TO SIGN UP PLEASE CONTACT:

INSTRUCTOR:

ISSA CERTIFIED FITNESS TRAINER,

LAUREN POOLE

716-945-8119 EXT. 3702

