



# **FUNCTIONAL FITNESS ON WATER**

**Mondays • 12:15-1 p.m.  
\$5 • Aquatics Center**

**STRENGTH • FLEXIBILITY • POWER • COORDINATION • BALANCE**  
*All on the water!*

A basic weight training program, focusing on enhancing core strength and conditioning while building endurance and maintaining stamina, strength, flexibility, power, coordination and balance.

*All movements are able to be modified welcoming all fitness levels!*



**Aquatics Center**  
Bldg. 404 • 719-556-4608