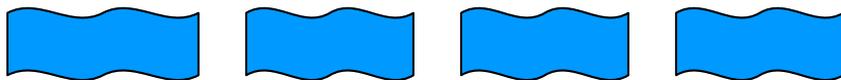
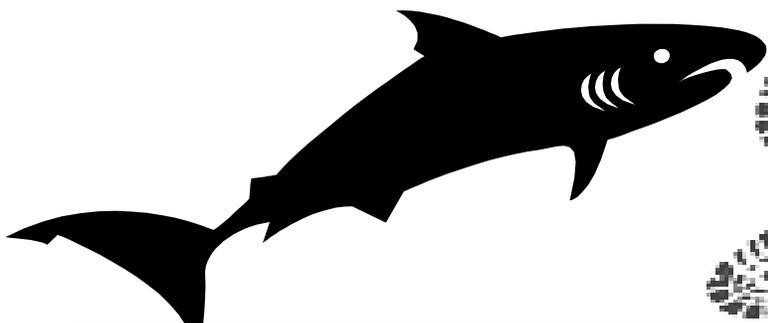


**JUST WHEN YOU
THOUGHT IT WAS
SAFE TO GO BACK
IN THE WATER.....**



AQUATIC



Tuesday 6:00pm to 6:45pm

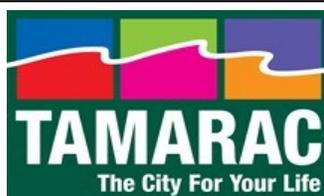
CAPORELLA AQUATIC COMPLEX, 9300 NW 58th Street, Tamarac

Are you tired of the same old workout? Does your workout need an **EXTRA** edge?! Well, just when you think it was safe to get back in the water, come & challenge yourself to get in shape faster... Sign up for **AQUATIC BOOT CAMP** & burn more calories in a 45 minute interval cardio exercise going from station to station every two minutes in and out the water. Aquatic Boot Camp uses a modality of instruments such as water weights, noodles, & kick boards that will help you tone & strengthen your muscles.

Cost: \$15 Residents \$20.00 Non - Residents
Once per week for 4 weeks

Sign up now!

First session starts 10/15/13. (Minimum of 8 people required to start a session.)



www.facebook.com/TamaracParks

For more information contact 954-597-3660
Parks and Recreation Department

**IT STARTS IN
PARKS**
Coaching. Connecting. Community.