



Minnesota JCC



"I have been in the class now for about six weeks and I am amazed at how much better my body feels!"

Victoria Mogilevsky

HYDRO HIT

MAKE WAVES. BUILD STRENGTH. REDEFINE FITNESS

MONDAYS • 9:45-10:30 AM

SABES CENTER MINNEAPOLIS POOL

\$55 • \$40/MONTH MEMBER VALUE PRICE

This 45-minute water fitness class is a high-energy workout that combines strength training and cardio, with the power of interval training, in the water! Perfect for all fitness levels. Don't wait, registration is limited!

To set up ongoing monthly enrollment, email Laina at lainag@minnesotajcc.org. Ongoing monthly enrollment means that you are able to add/drop for the start of any new month.

Questions? Email Laina Green at lainag@minnesotajcc.org.

