

Adult Water Classes



elite
SPORTS CLUBS

EliteClubs.com

Enjoy a
No-Sweat Workout
in our Brookfield
or Mequon Pools!

H2O BLAST -

Take your cardio workout into the water with this joint friendly cardio class. The class will include also include toning.

45 Minutes Mequon

60 Minutes Brookfield

H2O BLAST

Monday	6:00 p.m.	Brookfield
Tuesday	8:00 a.m.	Mequon
	11:00 a.m.	Brookfield
Wednesday	6:00 p.m.	Mequon (H2O Blast Plus)
	6:00 p.m.	Brookfield
Thursday	8:00 a.m.	Mequon
	11:00 a.m.	Brookfield
Saturday	8:30 a.m.	Brookfield

Brookfield
13825 W. Burleigh Rd.,
(262)754-3467, Fax (262) 786-9619

Mequon
11616 N. Port Washington Rd.,
(262) 241-4250, Fax (262) 241-4384