

# Purdy Fitness Center Pool



## FLOATFIT *class*

a full body workout

**Tuesday & Thursday  
9 - 10 a.m.**

A fun and high-intensity circuit training drill, performed on an AquaBase floating water mattress. The need to stay afloat will teach you how to focus on your posture, and strengthen your core while concentrating on exercises such as burpees, planks, squats, and mountain climbers. Intricate stabilizing muscles work overtime helping to prevent dislocation while adding strength to joints. For those with knee or joint difficulties, FloatFit is a low-impact workout, with a mixture of core and yoga inspired exercises to suit all abilities.



For more information, please call MWR Aquatics Office at 243-5620.