Attention ALL ARC members who LOVE Group Exercise!

COMING SOON: FLOATING FITNESS WITH THE BOGA FITMAT

“The most amazing water workout for Pilates, Yoga and Fitness on water!”

REVOLUTIONIZING the definition of exercising

Instructed By: Bri Huber

JUNE 12 – JULY 28, 2017

BOGAFIT

- BOGAFIT builds strength, increases flexibility, and improves balance and coordination
- BOGAFIT exercises enhance the benefits of traditional fitness movements while minimizing the harsh impacts of traditional land exercises, creating high intensity workouts that remain having low impact on your body.
- The BOGA FITMAT is incredibly stable, durable, and small in size.
- The FITMAT is a floating training method that provides a new, fun, and yet challenging way to exercise.

MONDAY AND TUESDAY NIGHTS AT 5PM

AEBERSOLD STUDENT RECREATION CENTER
101 Stadium Dr. Slippery Rock, PA 16057
ARC Phone: (724) 738-4800

MONDAY NIGHTS AT 5PM
 Begins: June 12, 2017
 Ends: July 24, 2017