🔥 AQUA PLYO BENCH 🔥

💪 High-Intensity. Low Impact. FULL Power.
Jump, push, and explode into fitness — all in the water.

# What is Aqua Plyo Bench?

A dynamic aquatic workout using submerged benches to power through explosive moves like jumps, hops, and core drills. It’s HIIT-style training made joint-friendly thanks to water resistance and buoyancy.

# Why You’ll Love It:

- 🔹 Burn calories without pounding your joints
- 🔹 Improve agility, core control, and power
- 🔹 Unique format — NOT your grandma’s water aerobics
- 🔹 Great for athletes, bootcampers, and water lovers

# Class Details:

⏰ 45 Minutes | 📍 Shallow End
👤 Ages 16+ | 🏋️ All Fitness Levels Welcome
Led by Certified Aqua HIIT Instructors
All equipment provided — just bring energy!

# READY TO MAKE A SPLASH?

➡️ Sign up at the front desk or online
➡️ Limited spots – reserve your bench now!