

A woman with short dark hair, wearing a black and blue patterned swimsuit, is smiling and lifting two blue dumbbells above her head. The background is a blurred pool setting with other people also lifting dumbbells.

AQUA TRAINING

- ✓ Individualized workouts at select times
- ✓ Learn proper/safe technique
- ✓ Motivation and accountability
- ✓ New workout ideas

To schedule an appointment, call (916) 772-PLAY.

AQUA TRAINING RATES

INDIVIDUAL

1 Hour

\$245

5 sessions • \$49/session

\$167

3 sessions • \$55.66/session

INDIVIDUAL

30 Minute

\$280

10 sessions • \$28/session

\$155

5 sessions • \$31/session

\$105

3 sessions • \$35/session

\$39

One Time

BUDDY (2 PEOPLE)

1 Hour

\$130

3 sessions • \$43.33/session

\$50

One Time