



# Aqua Fitness Class

Tuesday 9:30am-10:30am

**Starts August 14!**

Grand Isles

\$5/Class

(\$20.00 for 5 classes)

Come have a fun workout in the water that will get your heart rate up and help you burn calories. I offer a mix of cardio/boot camp, Tabata, Aqua Zumba, and Aqua Yoga & Tia Chi

Please contact Janell Bonner

[janellbonner@gmail.com](mailto:janellbonner@gmail.com) or 561-310-1160

This is a gated community so please call or text so your name is on the list.

Janell is a Certified Personal Trainer, Instructor Trainer for the United States Water Fitness Association, and holds several certifications in the fitness field. She has been teaching for 17 years. She currently teaches a PGA National Resort and Spa, Ballen Isles in PGA, Aberdeen in Boynton Beach, Marisol Country Club, and Trump International.



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