



HYDRO JUMP

Aquatic Fitness with Sherri Freifelder



950 Church St.
Landisville, PA 17538
717-898-3102

HYDRO JUMP is a new aquatic fitness program that incorporates the use of trampolines designed specifically for the water. This low-impact class offers a full-body workout that includes resistance and cardio training. Instructor Sherri Freifelder incorporates fun games and high-intensity interval rounds that are set to music that will inspire you to move!

We are following CDC Guidelines for social distancing in this program.

WHEN: FRIDAY, SEPTEMBER 18th

TIME: 6:30–7:15 pm

COST: \$15 - Space is limited!

TICKETS: through EVENTBRITE

<https://www.eventbrite.com/e/116264226431>

Please wear old sneakers, water shoes or water socks and bring a water bottle! The class is appropriate for adults of all ages. Due to safety concerns, pregnant women and children under the age of 13 are not permitted to participate.

Contact Sherri with Questions:

(484) 529-5945 (cell) sherrifrei@ymail.com

Facebook: Hydro Fitness & Fun with Sherri

Instagram: Hydrofitnessfun_with_Sherri

A video clip of this program is available on

YouTube: <https://youtu.be/6Uv3CrPHAgk>

