

HAGERSTOWN SPORTS CLUB & FITNESS
20321 THE GARDENS, HAGERSTOWN
COLD PLUNGE IN THE POOL



Aqua Fitness Classes
Open to the Public



- Running thru September!!!!
- Mon.~ Fri. Aqua Fitness Classes
at 11 AM
- Sat. Aqua Fitness Class at 10 AM
Saturday August 22nd

Motown Magic Themed Class



COLD PLUNGE FITNESS
CHALLENGE

Friday Night Sept 18th & Sept 25th

5:00~6:00 PM

\$5.00 Drop In fee for Non Members

**Let's Raise \$\$ for our Red Light Therapy
Room**

