

JENNI LYNN FITNESS

PRESENTS

AQUATIC BOOTCAMP A MASTER CLASS

with Jenni Lynn Patterson



Jenni Lynn Fitness is proud to host “Aquatic Bootcamps: A Master Class”

New York, NY – For more than a decade, Jenni Lynn has been at the forefront of the aquatic fitness movement, making waves with her innovative and trademarked technique, **S’WET by Jenni Lynn Fitness™** – a high-intensity, low-impact water workout appropriate for all levels of activity, from beginner to triathlete swimmer!

Blending High Intensity Interval Training (HIIT), advanced cardio, plyometrics and her very own special ingredient – a whole lot of fun – makes S’WET the sought-after solution for a whole new generation of water workout enthusiasts. Jenni’s students, female and male, young and old, will be the first to tell you S’WET “ain’t your grandma’s aqua class!”

Warning: Your hair WILL get wet when you S’WET!

Jenni Lynn is available to host her own “**Master Class**” – a one-hour long session aimed at water fitness students and enthusiasts looking to supplement their current workout routines.

Cost: \$20/student (includes a full hour workout and demonstration)

Notes: This Master Class does accommodate those with injuries or in rehabilitation, people suffering from arthritis, as well as expectant mothers. As always, please consult your doctor prior to engaging in any physical activity and inform your instructor of any injuries you have.

About the presenter: Jenni Lynn is a NSCA-CPT (National Strength and Conditioning Association/Certified Personal Trainer), AEA Certified Instructor and CEC Provider as well as an AFAA Group Fitness Instructor and CEC Provider. With her Bachelor’s Degree in Health Psychology, Jenni Lynn combines her working knowledge of neuromuscular and physical conditioning with all the components of an aquatic based workout.