

Aqua aerobics

Aqua aerobics improve your fitness, strength and mobility.

A combination of low and high intensity exercises, guaranteed to get your heart rate up using the waters resistance, noodles and hand weights.

Suitable for all ages and levels of fitness.

\$75/month for unlimited sessions.

To enrol please contact Reception on **9999 3446**.

	Mon	Tue	Wed	Thu	Fri
9:30am	✓	✓	✓	✓	✓
10:30am	✓	✓	✓	✓	✓
6:30pm	-	-	-	✓ (small pool)	-
7:00pm	✓ (small pool)	-	-	-	-

Limited numbers per class – bookings essential. Classes subject to change.

Brooke Withers Swim School



Unit 6, 2 Daydream Street, WARRIEWOOD 2102
For more information call **9999 3446** or email
warriewood@BrookeWithersSwimSchool.com.au

www.BrookeWithersSwimSchool.com.au