

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.

\$78.50/month for unlimited sessions.

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

9:30am

10:30am

MONDAY	✓	✓
TUESDAY	✓	✓
WEDNESDAY	✓	✓
THURSDAY	✓	✓
FRIDAY	✓	✓

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