

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.

\$65/month for unlimited sessions.

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

	Mon	Tue	Wed	Thu	Fri
9:30am	✓	✓	✓	✓	✓
10:30am	✓	✓	✓	✓	✓
6:30pm	-	-	-	✓	-
7:30pm	✓	-	-	-	-

Limited numbers per class – bookings essential.

Brooke Withers Swim School



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