



Aqua Fitness

Aquafit **No booking required**

A moderate intensity workout that will see the participant burn calories, challenge their cardiovascular system, as well as work on flexibility, balance and overall strength.

Tuesday & Thursday 11.15am to 12 noon

Friday 9.30am to 10.15am
10.30am to 11.15am

FEES \$13.00 / Session

Concession \$12.00 / Session

\$120.00 10 Session Pass

Concession \$110.0 10 Session Pass



State Swim

Safety, Fun and Fitness

Glen Osmond Swimming School 548 Portrush Road Glen Osmond SA 5064



Telephone 8338 1800 www.stateswim.net.au

