



Aqua Fitness

Aquafit 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.

Monday	8.15am to 9.00am	Thursday	9.15am to 10.00am
Monday	9.15am to 10.00am	Friday	8.00am to 8.45am

Aquamove A gentle Aqua Exercise class, suitable for those looking for a lower intensity workout that focuses on gentle movements in the water.

Tuesday	11.15am to 12.00pm
----------------	---------------------------

Aqua Strength Classes provide all ages with an equipment-based program that focuses on functional movement, cardio-vascular fitness, strength and toning, flexibility and balance. The classes cater for people managing health conditions including back, knee and hip problems, heart issues or respiratory challenges.

Tuesday	7.15pm to 8.00pm	Thursday	10.15am to 11.00am
----------------	-------------------------	-----------------	---------------------------

Aquasmash A high intensity interval training (HIIT) workout. This session is high energy, physically challenging and will see calories burnt! You'll know you've done a workout after this session!

Wednesday	7.15pm to 8.00pm
------------------	-------------------------

FEES	\$13.00/ Session	Concession \$12.00 / Session
	\$122.50 10 Session Pass	Concession \$112.50 10 Session Pass



Seaford Swimming School 3-5 Cascade Drive Seaford 5169

Find us on Telephone 8386 3338 www.stateswim.net.au

