



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
----------------	---------------------------

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

Have you heard about our

Aquaspin, Aquastrength, Floatfit, Acquapole/Boxing & Gymstick H2O classes?

Enquire at reception now for all of the information on these unique and effective fitness classes...

The Pool is the New Gym!



State Swim

Safety, Fun and Fitness

Seaford Swimming School 3-5 Cascade Drive Seaford 5169



Telephone 8386 3338 www.stateswim.net.au

