



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.

Tuesday

11.15am to 12 noon

FEES \$13.00 / Session

Concession \$12.00 / Session

\$120.00 10 Session Pass

Concession \$110.00 10 Session Pass

Aqua Zumba

Jump into the latin-inspired, easy-to-follow, calorie-burning, dance-fitness party that makes working out a splash.

Thursday

11.15am to 12.00pm

FEES as above

Aqua Strength

The 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.

Monday, Wednesday & Friday

11.15am to 12.00pm

Thursday

9.30am to 10.15am

10.30am to 11.15am

FEES \$80* 10 week block

*New participants must have an assessment prior to commencing the program.
Assessment cost \$30 pp. Enquiries & bookings see reception.



State Swim

Safety, Fun and Fitness

Unley Swimming Academy Unley Shopping Centre Unley 5061



Telephone 8272 4477 www.stateswim.net.au

