



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

AquaFitness



8 week block commencing Monday 29 July 2019

AQUASPIN	\$144.00	Monday	10.15am
AQUASTRENGTH	\$112.00	Tuesday	7.15pm
		Thursday	10.15am
AQUA COMBO	\$144.00	Wednesday	8.15pm
		Friday	5.45pm
AQUA GYMSTICK	\$112.00	Friday	6.45pm



State Swim

Safety, Fun and Fitness

Seaford Swimming School 3-5 Cascade Drive Seaford 5169



Telephone 8386 3338 www.stateswim.net.au

