



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

Acquapole | Boxing



ACQUAPOLE A multi-functional workstation which allows you to carry out more than 150 aquafitness exercises

BOXING A high intensity class designed to get you moving, burn fat and improve your cardiovascular fitness!

8 week blocks commencing 16 October

Tuesday	Acquapole	7:15pm to 8:00pm
Tuesday	Aquaboxing	8:15pm to 9:00pm
Wednesday	Acquapole	8:00pm to 8:45pm
Friday	Acquapole	5:30pm to 6:15pm
Friday	Aquastrength	6.30pm to 7.15pm
Saturday	Aquaboxing	12.15pm to 1:00pm


\$120
for 8 weeks



State Swim

Safety, Fun and Fitness

Mount Barker Swimming School 30 Simper Crescent Mount Barker 5251

 Find us on Facebook Telephone 8391 1213 www.stateswim.net.au

