

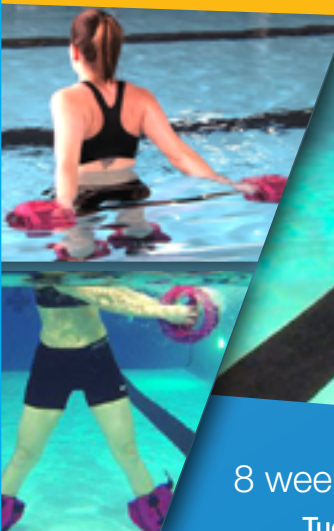


*The Pool is the New Gym!*

Unique, effective and challenging ways to exercise

# Aquastrength

Combines the most dynamic, functional programs  
with unique resistance equipment



8 week blocks commencing 16 October

Tuesday	12:15pm to 1:00pm
Thursday	10:15am to 11:00am
Thursday	7:15pm to 8:00pm
Thursday	8:15pm to 9:00pm
Saturday	6:45am to 7:30am

**\$108**  
for 8 weeks



## State Swim

*Safety, Fun and Fitness*

Unley Swimming Academy Unley Shopping Centre Unley 5061



Telephone 8272 4477 [www.stateswim.net.au](http://www.stateswim.net.au)

