



*The Pool is the New Gym!*

Unique, effective and challenging ways to exercise

# Floatfit



**FLOATFIT Intense 30 minutes**  
high intensity interval workout – challenging  
and high energy

**FLOATFIT Balance 45 minutes**  
lower intensity workout – focusing on balance,  
flexibility and strength building

8 week blocks commencing 16 October

<b>BALANCE</b>	Monday	8:15pm to 9:00pm
		<i>8:15pm Aquastrength (\$108 for 8 weeks)</i>
<b>BALANCE</b>	Tuesday	7:15pm to 8:00pm
<b>INTENSE</b>	Wednesday	8:15pm to 8:45pm
<b>INTENSE</b>	Thursday	8:15pm to 8:45pm
		<i>7:15pm Aquastrength (\$108 for 8 weeks)</i>
<b>BALANCE</b>	Friday	11:15am to 12:00pm
<b>INTENSE</b>	Saturday	11:15am to 11:45am

**\$120**  
for 8 weeks



## State Swim

*Safety, Fun and Fitness*

Morphett Road Swimming School 541 Morphett Rd Seacombe Gdns 5047



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