



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

AquaFitness



8 week block commencing Monday 29 January 2018

AQUA GYMSTICK \$112.00 Monday 6.00am

8 week block commencing Monday 19 February 2018

AQUASPIN \$148.00 Tuesday 7.15pm 8.15pm

Wednesday 8.00pm

Friday 12.15pm

Saturday 12.15pm

AQUASTRENGTH \$112.00 Friday 11.15am



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

