



Aqua Zumba

**AQUA ZUMBA**

Easy-to-follow, latin-inspired, calorie-burning, dance-fitness that makes working out a splash

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

Boxing

# Aqua Fitness

*The Pool is the New Gym!*



Acquapole®



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

**AQUASTRENGTH**

Combines the most dynamic, functional programs with unique resistance equipment

Aquastrength



State Swim Mt Barker



*Get ready for summer now!*

**Fitness and fun all at the same time**

**Acquapole Boxing** | \$124 for 8 weeks | 45 minute sessions

A high intensity class designed to get you moving, burn fat and punch it out in the water!

**Acquapole** | \$124 for 8 weeks | 45 minute sessions

A fantastic workout that will assist in toning abdominals, hips, trunk and shoulders, as well as developing a 'killer' core!



**Aqua Zumba** | \$112 for 8 weeks | 45 minute sessions

Jump into the latin-inspired, easy-to-follow, calorie-burning, dance-fitness party that makes working out a splash.

**Aquastrength** | \$112 for 8 weeks | 45 minute sessions

The Aquastrength Total Body workout targets your entire body including a dynamic warm-up, upper body, lower body, core exercises and a cardiovascular endurance component. The water is the great equaliser and puts you in control of your own workout, the harder you push, the harder the water will push back!

## 8 week block commencing Monday 22 October 2018

<b>ACQUA BOXING</b>	Tuesday Friday	7.15pm 12.15pm
<b>AQUAPOLE</b>	Tuesday Wednesday	8.15pm 8.00pm

<b>AQUA ZUMBA</b>	Thursday	8.00pm
<b>AQUASTRENGTH</b>	Friday	11.15am

See Reception to book your programs today — filling fast, don't miss out!



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