



Aqua Zumba

AQUA ZUMBA

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



Aqua Zumba

Aqua Fitness

The Pool is the New Gym!



aquaspin™

An effective and fun way to exercise in water, without excessive strain on bones, joints and muscles

AQUASTRENGTH

Combines the most dynamic, functional programs with unique resistance equipment

Aquastrength



State Swim Morphett Road



Get ready for summer now!

Fitness and fun all at the same time



\$148 for 8 weeks | 45 minute sessions

Whether you are looking to build muscle strength, increase your cardiovascular endurance or simply maintain a healthy, fit body, Aquaspin is for you! In 45 minutes, we make sure you get all of the benefits of running, cycling and more without the high-impact on your bones and joints.

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

AQUASPIN	Tuesday	7.15pm	AQUASTRENGTH	Thursday	8.15pm
AQUA ZUMBA	Thursday	7.15pm			

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



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