



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!

Aquastrength

AQUASTRENGTH

Combines the most dynamic, functional programs with unique resistance equipment

Aquastrength



State Swim Unley



Get ready for summer now!

Fitness and fun all at the same time

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

AQUA ZUMBA	Thursday	11.15am	AQUASTRENGTH	Saturday	6.45am
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See Reception to book your programs today — filling fast, don't miss out!



Unley Swimming Academy
Unley Shopping Centre Unley 5061
Telephone 8272 4477 www.stateswim.net.au

