



Aqua Fitness

Aquafit

A moderate intensity workout that will see the participant burn calories, challenge their cardiovascular system, as well as work on flexibility, balance and overall strength.

Tuesday & Thursday

11.15am to 12 noon

Aquasmash

A high intensity interval training (HIIT) workout. This session is high energy, physically challenging and will see calories burnt! You'll know you've done a workout after this session!

Monday & Wednesday

7.00pm to 7.45pm

FEES \$12.50 / Session

Concession \$11.50 / Session

\$120.00 10 Session Pass

Concession \$110.00 10 Session Pass

Have you heard about our

Aquaspin, Aquastrength, Floatfit & Acquapole/Boxing classes?

Enquire at reception now for all of the information on these unique and effective fitness classes...

The Pool is the New Gym!



State Swim

Safety, Fun and Fitness

Mount Barker Swimming School 30 Simper Crescent Mount Barker 5251



Telephone 8391 1213 www.stateswim.net.au

