



# 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** \$12.75 / Session

Concession \$11.75 / Session

\$122.50 10 Session Pass

Concession \$112.50 10 Session Pass

*Have you heard about our*

**Aquaspin, Aquastrength, Floatfit, Acquapole/Boxing & Gymstick H2O 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](http://www.stateswim.net.au)

