



The Pool is the New Gym!

Unique, effective and challenging ways to exercise

AquaFitness



8 week block commencing Monday 4 February 2019

AQUASTRENGTH	\$112.00	Monday	10.15am
		Tuesday	7.15pm

FLOATFIT	\$124.00	Wednesday	8.15pm
		Thursday	10.15am
		Friday	5.45pm


AQUA-ZUMBA	\$112.00	Friday	6.45pm
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State Swim

Safety, Fun and Fitness

Seaford Swimming School 3-5 Cascade Drive Seaford 5169

 Find us on Facebook Telephone 8386 3338 www.stateswim.net.au

