



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

11.15am to 12 noon

FEES \$12.50 / Session

Concession \$11.50 / Session

\$115.00 10 Session Pass

Concession \$105.00 10 Session Pass

Aqua Zumba

Jump into the latin-inspired, easy-to-follow, calorie-burning, dance-fitness party that makes working out a splash.

Thursday

11.15am to 12.00pm

FEES as above

Strength for Life Aqua

The SFL Aqua program provides over 50's an opportunity to participate in supervised, personalised strength training programs in the pool. The class is suitable for the ongoing management of conditions such as back, hip or knee problems, or to just assist in carrying out day to day activities more efficiently and effectively.

Monday & Wednesday

11.15am to 12.00pm

FEES \$70* 10 week block

*New participants must have an assessment prior to commencing the program.

Assessment cost \$30 pp. Enquiries & bookings see reception.

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

Unley Swimming Academy Unley Shopping Centre Unley 5061



Telephone 8272 4477 www.stateswim.net.au

