



# 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.

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**Tuesday & Thursday**

**11.15pm to 12 noon**

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**FEES** \$12.50 / Session

Concession \$11.50 / Session

\$115.00 10 Session Pass

Concession \$105.00 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*

Unley Swimming Academy Unley Shopping Centre Unley 5061



Telephone 8272 4477 [www.stateswim.net.au](http://www.stateswim.net.au)

