

# FEBRUARY HALF TERM AQUAFIT SESSIONS!

**COME ALONG TO ONE OF OUR SPECIAL  
AQUAFIT OR AQUAZUMBA SESSIONS**



45 minute sessions  
conducted by  
knowledgeable and  
experienced teachers

Water supported exercise  
to tone and strengthen  
your whole body

<b>AQUAFIT</b>	
Monday 22 <sup>nd</sup> February	6.15pm to 7.00pm
Tuesday 23 <sup>rd</sup> February	9.15am to 10.00am
Tuesday 23 <sup>rd</sup> February	10.00am to 10.45am
Friday 26 <sup>th</sup> February	9.15am to 10.00am
<b>AQUAZUMBA</b>	
Monday 22 <sup>nd</sup> February	7.00pm to 7.45pm

CHARGE PER SESSION:  
£5.80 (Members) £6.90 (Non-Members)

**NO BOOKING NECESSARY**