

# AQUAFIT SESSIONS

**COME ALONG TO ONE OF OUR SPECIAL  
AQUAFIT SESSIONS!**



**45 minute sessions  
conducted by  
knowledgeable and  
experienced teachers**

**Water supported exercise  
to tone and strengthen  
your whole body**

<b>AQUAFIT SESSIONS</b>	
Monday	6.15pm to 7.00pm
Tuesday	9.15am to 10.00am
Tuesday	10.00am to 10.45am
Friday	9.15am to 10.00am

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

**NO BOOKING NECESSARY**

