

AQUAFIT SESSIONS

COME ALONG TO ONE OF OUR SPECIAL CHRISTMAS AQUAFIT OR AQUAZUMBA SESSIONS!



45 minute sessions conducted by knowledgeable and experienced teachers

Water supported exercise to tone and strengthen your whole body

AQUAFIT SESSIONS	
Monday	6.15pm to 7.00pm
Tuesday	9.15am to 10.00am
Tuesday	10.00am to 10.45am
Friday	9.15am to 10.00am
AQUAZUMBA	
Monday	7.00pm to 7.45pm

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

NO BOOKING NECESSARY