



**FIRST 10 TO SIGN UP GET
FREE KIT HIRE
& GUARANTEED SPACE!**

*With
Cat*



Running as an 6 week course
OR pay as you go. Call for details

Our first course ROCKED it, so...!!

- Looks and feels different to aqua aerobics, it's unique!
- Suitable for NON SWIMMERS
- Easy on the joints & FULL BODY toning
- Promotes weight loss (as it's HIIT training!)
- Quick, refreshing lunchtime workout as well as evening
- Injuries on dry land may be tolerated in the water
- Suitable for all levels of fitness - it's modifiable

**Re-Starts Tues
November 6th
Tuesdays 12-1
Thursdays 6-7**

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