

Seniors' Aqua Aerobics

Seniors' Aqua Fitness is a low-impact activity that takes the pressure off the bones, joints and muscles. Water also offers natural resistance, which can help strengthen the muscles.

It has many health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength. You can even do aquatic exercise if you don't know how to swim.

Aquatic exercise also can improve joint use and lessen pain if you have osteoarthritis.

Tuesdays 01 April - 30 September
9:00am - 9:45am
Pearl Retirement Village pool
11 Waratah Crescent, Fannie Bay
enter via the side gate of the Leisure Centre

★ **Bookings required!**

Instructor: Carolyn - One Step At A Time PT

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E - onestepatatimept@gmail.com

**ONE STEP AT A
TIME**

GROUP FITNESS



To find out more about this activity,
contact the instructor directly.

Only \$5 per session!



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