



Aqua Aerobics

Sundays 9:00-9:45am

Great Cardio workout for all levels using water as resistance with noodles and weights, great exercise for mothers-to-be, people with arthritis, those wanting to get fit, healthy, tone or lose weight, good for flexibility, good for everyone and it's fun.

Bring your water bottle to stay hydrated.

Please arrive early to sign in.

Location: Casuarina Pool, cnr Gsell and Angelo St, Casuarina

Cost: \$5 per session, includes pool entry!

No bookings required!

Contact: Audrey - 4eva Fitness and Training
audleah215@optusnet.com.au

Meet new people, have a few laughs!

Stay cool in the pool!



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Healthy Darwin