



Aqua Aerobics

Sundays 9:00-9:45am

Suitable
for all
levels!

Stay fit, increase strength, flexibility and muscle tone, and burn calories.

Sessions are run in shallow water and use pool weights and noodles, with water as resistance.

Enjoy the social environment and the beautiful Dry Season sunshine.

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

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Stay cool
while you
burn some
calories!



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