

☺ Free Aqua Fitness Classes ☺

Week of 10th October 2011

Lose Fat and Get Fit for Summer

☺ **East Mackay**

Shallow Water Workout
Monday 9:30am

☺ **Mackay City**

Deep Water Running Class
Tues 5:45pm

☺ **Northern Beaches**

Shallow Water Workout
Friday- 9:30am

Cost? Free!! Bookings are required due to limited space

Aqua Fitness is a non swimming exercise class

Nationally Accredited Instructors

Instructor members of Qld Keep Fit Assoc Inc



For more information or to reserve your place please contact
Barb on 49575178 / 0419656933 / barbwhitfieldqkfa@yahoo.com.au

☺ The Stress Free & Fun Way to Keep Fit ☺