

WATER AEROBICS & **NEW** AQUA ZUMBA® *at SwimWorld*

Water Aerobics is an increasingly popular way of keeping fit, particularly for people with certain health problems or those recovering from injury. It is a non impact exercise with cardiovascular and muscle toning benefits, suitable for all fitness levels and ages. Classes may include elements of Deep Water Running, Thai Boxing and Pilates to extend the normal range of exercises. We keep the classes so simple and fun that you don't even realise that you are getting a great total body workout!

Aqua Zumba® incorporates dance and fitness moves and makes it fun for anyone who wants to exercise in the water. Accompanied by fun, upbeat music, Aqua Zumba® makes exercising seem like a pool party. All five fitness components are incorporated in this highly effective aqua exercise class: muscle endurance, muscle strength, cardiovascular endurance, caloric expansion and muscle flexibility. Because of the resistance of the water, movements will be slower and adjusted to the water environment than in a regular Zumba class, yet they can be just as intense.

Exercising in the water gives you the same or even better benefits as exercising on land. Classes are conducted by qualified swimming instructors in our indoor 25m heated pool (32°C) and run for a duration of one hour.

Get fit, feel fabulous and importantly...have fun!

Cost:

\$11 (casual session)

\$100 (10 sessions)

\$95 (10 sessions – Over 50's)

Bring in ad to enjoy your
first Water Aerobic or
Aqua Zumba® class

FREE!*

*Applies to new clients only, limit one voucher per person.



myswimworld.com.au
452 Springvale Rd, Glen Waverley.

