

# AQUA ZUMBA® & WATER AEROBICS

*at SwimWorld*

**FREE\*** Supervised Child Care

**LOW INTENSITY** – A great introduction to Water Aerobics  
**HIGH ENERGY** – An all round intense workout  
**AQUA ZUMBA®** – Incorporates dance and fitness moves

|         | Monday                         | Tuesday               | Wednesday | Thursday                       | Friday | Saturday           |
|---------|--------------------------------|-----------------------|-----------|--------------------------------|--------|--------------------|
| 11.45AM |                                | <b>HIGH ENERGY*</b>   |           |                                |        |                    |
| 12.30PM |                                | <b>LOW INTENSITY*</b> |           |                                |        |                    |
| 1.30PM  |                                |                       |           |                                |        |                    |
| 3.00PM  |                                |                       |           |                                |        | <b>HIGH ENERGY</b> |
| 7.45PM  | <b>HIGH ENERGY/<br/>ZUMBA®</b> |                       |           |                                |        |                    |
| 8.15PM  |                                |                       |           | <b>HIGH ENERGY/<br/>ZUMBA®</b> |        |                    |

\* Supervised Child Care Area available FREE ~ Bookings are essential

**BOOK NOW!**

Please call reception on 9560 4433



[myswimworld.com.au](http://myswimworld.com.au)  
 452 Springvale Rd, Glen Waverley.

