



# Zumba® Aqua

**Pool Party – Just add  
water & Shake!**

**Tuesday 1930 - 2015**

A water based workout that is cardio-conditioning, body-toning and most of all exhilarating beyond belief. Combining Zumba® and Aqua Fitness moves in an easy to follow class suitable for all ages and all fitness levels. Great for keeping fit without straining the joints.

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Please contact the Cash Desk for more  
information on 0131 621 8303