



Aquafit

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| Monday | 1000 - 1050 | Fiona |
| Wednesday | 0940 - 1030 | Jami |
| Friday | 0900 - 0950 | Terri |

Aquafit is an ideal activity for all abilities and is a great way to get fit using water resistance to improve cardiovascular fitness and muscle tone. It keeps the heart and lungs healthy and also provides a good opportunity for a splash about in the water.

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

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