



## *Aqua Aerobics*

*St. Brigid's College Pool  
Lesmurdie*

*Come and join the fun and improve your fitness*

### *Timetable*

<i>Tuesday</i>	<i>5.45 pm</i>	<i>Chest Deep</i>
<i>Thursday</i>	<i>5.45 pm</i>	<i>Chest Deep</i>
<i>Saturday</i>	<i>8.00 am</i>	<i>Deep Water</i>



*For enquiries ring Joanne 9290 4220*