



Enjoyed our Aqua Fit classes??

Why not try our Fit 4 life classes, Every Tuesday at 1pm,  
From Tuesday 19<sup>th</sup> February

**Whatever your age, there's strong scientific evidence that  
being physically active can help you lead a healthier and  
happier life.**

**This class is for all ages and will incorporate, different  
exercises tailored to each person's capabilities.**

**Sign up is available at Active level Reception**