

Water Aerobics coming to a pool near you!

Hey there, young at heart! Are you looking for a fun way to stay active and healthy?

Join our **Water Aerobics** classes designed especially for you!

Why choose water aerobics?

 It's gentle on your joints

 Builds strength and flexibility

 Improves heart health

 Boosts mood and mental health

 Enhances balance!

Our classes are fun, friendly, and tailored to your needs. You'll be amazed at how good you feel after each session!

**Classes every Wednesday
at 11.45 am**

Te Puke Swim School on Boucher Ave.

Call Noeline at 0210528980 to book your spot today!