



# Women Only Aqua Aerobics & General Swim Sessions

WANT to be more ACTIVE & have FUN?

look no further..

DATE: Saturdays (STARTS 9<sup>th</sup> May, ENDS 25<sup>th</sup> July 09)

TIME: 12 – 1pm

LOCATION: Sir James Altham Pool, WD19 6FW

COST: First session FREE, £3 thereafter (Book additional 6 sessions in advance and get 1 FREE)

### Benefits:

Aqua aerobics is a great way to get fit and is also one of the safest. It keeps the heart and lungs healthy whilst toning the body, reducing fat and providing a good opportunity for a splash about in the water.

The support the water provides for the body greatly reduces the risk of bone, muscle and joint injury. The water support also means that those with back or knee problems can take part in aqua aerobics without fear of pain or further injury.

### KEEP FIT WITH FRIENDS AND HAVE FUN

FOR MORE INFORMATION AND TO REGISTER YOUR ATTENDANCE PLEASE CONTACT  
PRIYA KAPOOR ON 01707 281 006 or email [p.kapoor2@herts.ac.uk](mailto:p.kapoor2@herts.ac.uk)



# have fun, keep fit with....



## WOMEN ONLY AQUA AEROBICS & GENERAL SWIM SESSIONS

\*Primarily for women from Black and Minority Ethnic Communities as part of  
the BME Project\*

SESSIONS INCLUDE:

FEMALE INSTRUCTOR/LIFEGUARD

BOLLYWOOD MUSIC

FREE PARKING ON SITE