

# New For 2012



**HEAT UP  
THE POOL  
PARTY.**



## **JOIN THE LATEST CRAZE**

Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing and hollering will be heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief

**CLASSES STARTING 6<sup>th</sup> March 2012**

**TUESDAY AT 6.30 PM**

**Members €5- Non Members €9**

**Call 053 91 40404 [www.whitford.ie](http://www.whitford.ie)**