

Aqua-fit



In the New Year 2011,
Alleyne's Sports Centre
will be running Water Based fitness
sessions.

- * Aqua-aerobics *
- * Aqua-jogging *
- * Aqua-Circuits *

These are all fun, new and exciting
ways to get fit in the New Year.

To register your interest, please leave
your contact details on the
mailing list at Reception.

