

## Aqua 50+

- Aqua classes held weekly at Lutterworth Sports Centre.
- A fun and invigorating all over body workout in the water designed for 50+ years participants, to effectively burn calories with minimal impact on the body.
- Great for those adults who are new or returning to exercise.
- Sessions held: Wednesday: 11:00am – 12:00pm. £4.10 per session

### For more information:

Web: [www.everyoneactive.com/centre/lutterworth-sports-centre](http://www.everyoneactive.com/centre/lutterworth-sports-centre)

Telephone: [01455 200800](tel:01455200800)

