



RangeCare®
BLACKALL RANGE CARE GROUP LTD



AQUA AEROBICS

Helping you stay fit so that you can live your BEST life!

A GREAT WAY TO IMPROVE YOUR HEALTH THROUGH LOW-IMPACT EXERCISE WHILE MAKING NEW FRIENDS!

Join experienced instructor Sam McTaggart for a fun 1 hour Aqua Aerobics session. This venue has a beautiful heated and covered pool, and access is specifically designed to cater for all abilities.



Located at Nambour Christian College Pool: 34 Mckenzie Rd, Woombye

Starts at 11:30am and ends at 12:30pm

Held every Monday during the school term

Cost varies. Please contact your Service Coordinator for more information.

To find out more, contact our Lifestyle Coordinator, Hayley on 07 5445 7044

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WINNER

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Blackall Range Care Group



07 5445 7044



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