

Aqua Aerobics Program

Would you like to improve your physical and mental health, while meeting other people?

RangeCare's Aqua Aerobics classes are 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. The class will be held in the same pool each week without any interruptions.

LOCATION: Nambour Christian College pool,
34 Mckenzie Road Woombye

TIME: 11:30am - 12:30pm

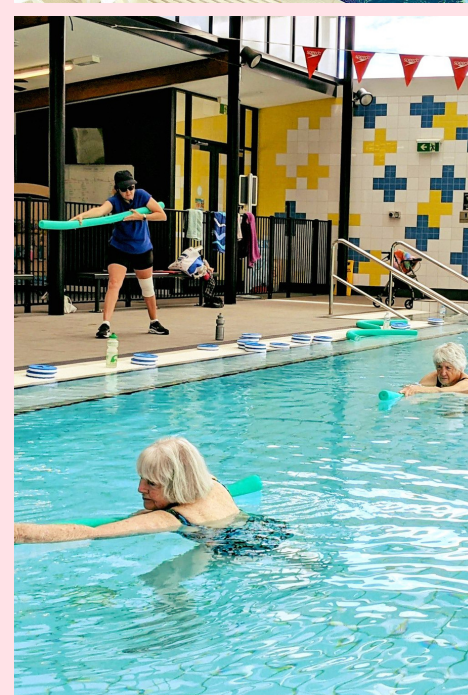
DATES: Monday during the school term

COST: varies per client.

Please contact our Services Coordinator for pricing.

TO REGISTER

Please call or email our Services Coordinator
Maryanne on the details below.



07 5445 7044



servicescoord@brcg.org.au



www.rangecare.com.au



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