

STARTING
MARCH!!!
SUITABLE FOR
ALL FITNESS
LEVELS

AQUAFIT CLASSES

MONDAY 09.15-10.00AM
WEDNESDAY 1.45-2.30PM

- ✓ CARDIO
- ✓ STRENGTH
&
ENDURANCE
- ✓ FLEXIBILITY



SEAN TREACY
MEMORIAL
SWIMMING
POOL,
TIPPERARY



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