

Get Set to **GO**



Aquafit for the mind - Ladies only

Melt away daily stresses by escaping to the pool

We know its tough to find time for yourself, particularly in a busy world. This #GetSetToGo session will help you build the confidence to take those first steps to becoming active in a warm and calming environment.

Our friendly Buckinghamshire Mind trained instructors will guide you through a gentle 45 minute Aquafit session followed by 15 minutes of relaxed free swimming.

To book your space speak to a friendly voice - call or text Karen 07784286872 or search for the event on Facebook.

*non swimmers welcome – the pool is shallow and warm!

Book weekly www.leapwithus.org.uk/aquafit
Or contact Abbi 01296 585215

Where?

Booker Park school

When?

7.30pm – 8.30pm

Weekly from
Monday 13th May to
Monday 5th August
(excl 27th May)

Cost?

Free taster