

# JANUARY MASTERCLASS



**WHEN:** TUESDAY 17<sup>TH</sup> JANUARY  
**WHERE:** BALANCE HEALTH CLUB POOL  
**TIME:** 19.00 – 19.45PM  
**INSTRUCTOR:** GEMMA ALLEN  
**PRICE:** £2.50 FOR MEMBERS  
£5 FOR NON MEMBERS

Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. The Aqua Zumba class blends it all together in a safe, challenging, water based workout that's cardio conditioning, body toning and most of all exhilarating beyond belief!

**HEAT UP  
THE POOL PARTY.**