

starts  
11 January 2010

# aqua health club

Newmarket Leisure Centre

# swim to slim



**A 6 week course:  
Helping you to  
achieve a healthy  
active life style...**



Working in partnership with Forest Heath District Council

# swim to slim

aqua health club



**Swim to Slim** is a weight loss group that is centred around weekly aquatic exercise.

Alongside this you will attend weekly nutritional advice sessions and receive support throughout from a friendly dedicated team of professionals.

**Session one:** A nutritional advice session covering diet and activity planning, alternative foods, food workshops and support network.

**Session two:** A pool based activity session exclusive to aqua health club members including water workout classes, a swimming fitness session and or swimming tuition/coaching.

As part of the course you will receive a diet plan, a food diary and a 'Swim to Slim' exercise programme.

On completion you will also receive a free personal training session to use with any of our personal training staff.

**Can't swim?** Don't worry, you can choose to start from scratch and use your activity session to learn to swim with one of our qualified swimming instructors.

**Start date:** 11 January 2010

**Length of course:** 6 weeks (12 sessions)

**Days and times:** **Session one-** Mondays at 13.30

**Session two-** Wednesdays at 14.00

**Prices:** Premier £39.00 and Pay & Play £54.00

Details correct at time of going to press  
anglia community leisure reserves the right to  
change the programme and content without notice.

find out more at  
[www.angcomleisure.com](http://www.angcomleisure.com)  
or just ask at  
reception

anglia  
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