

AS FROM 17 YEARS OLD

THE BEST EXERCISE TO TONE UP!

Aquagym, the right water sports for all reasons!

At Côte d'Or, our aquagym sessions allow you to work the whole body without providing too much effort. Whatever your physical ability, age or gender, this activity is accessible to you. Performed in the World Aquatics certified warm-up pool of depth 1.3 meter, this all-round sport gives you the chance to lose weight and tone up your muscles while keeping your knees and ankles in shape.

This physical activity releases endorphins and it also allows you to firm up your muscles and reshape your figure, to improve your breathing and blood circulation and tone up your heart rate.

AQUAGYM SCHEDULE

Monday	5.15 pm - 6.15 pm
Wednesday	5 pm - 6 pm
Saturday	9 am - 10 am

Equipment required:

- Cap
- Goggles
- Water bottle
- Swimwear
- Sunscreen

FIRST COME, FIRST SERVED!

Rs 200 VAT included
PER 1-HOUR SESSION
PER PERSON

 Outdoor warm-up pool

 Pool depth 1.3 meter

Your session includes:

-  Qualified instructor
-  Changing room
-  Heated Pool
-  Free Parking
-  Easy access
-  Free WiFi