



Madras Club

Aqua kick-boxing



Aqua Kick-boxing continues with Jeffery Vardan

Aqua Aerobics classes are a great way to mix up a traditional gym workout with the wondrous benefits of water. It builds cardiovascular fitness, strength and Flexibility while burning calories. The buoyancy of the water reduces body weight, which enhances one's workout ability

March 2020 session is on from

**7th Mar 2020 to 28th Mar 2020
(Saturdays)**

Time : 6.00 p.m. – 7.00 p.m.

**Rs.1750/- (inclusive of GST)
for 4 classes**

**2nd Mar 2020 to 25th Mar 2020
(Mondays & Wednesdays)**

Time : 5.30 p.m. – 6.30 p.m.

**Rs.3500/- (inclusive of GST)
for 8 classes**

Please sign up with Mr. Sathiyakumar at our Swimming Pool 97899 64975

Rajkumar Mandradiyar
Member in charge, Swimming

P B Biswajit Babu
Honorary Secretary