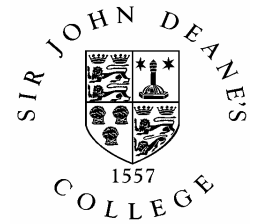




COOL MOVES & A TWIST OF ABS Aqua Workshop



**On Sunday 24 January 2010
with**

Charlene Kopansky

B.Sc. Human Kinetics, B.Ed., Sc.PHE, President of CALA



Time: 10am-5pm register from 9.30am

**A range of moves adding intensity and adding an
abs focus – as exciting as you want it to be!**

Venue

**Sir John Deane's College, Monarch Drive,
Northwich, Cheshire, CW9 8AF**

Cost £60 CALA/Fitness Wales members £55

**To register go to www.aquarobics.co.uk or e mail:
linda@aquarobics.co.uk or call Linda Ward on
07983169776**

