

WATER WORKOUT

TAUGHT IN BRITISH SIGN LANGUAGE

NEW CLASS

CLAPHAM LEISURE CENTRE

Sunday 30th September,
7th, 14th, 21st, 28th October

5.00pm – 5.45pm

Teaching Pool



Are you ready for your new

BETTER in collaboration with 'Fit Into It' proudly announce the launch of a new and original workout taught in British Sign Language by Group exercise instructor Samantha Alese.

It is a new approach to fitness where you will discover the many benefits offered by being in the water,

- Improves blood circulation and helps decrease water retention,
- You don't need to know how to swim,
- Provides a low impact workout that will not strain the weight-bearing joints or the back,
- It's lots of fun and meet new friends

"I truly believe this can be a Life changer for anybody!"
Samantha Alese - Teacher/Creator

Clapham Leisure Centre

141 Clapham Manor Street,
London,
SW4 6DB

Call 020 7627 7900 or log
on to www.better.org.uk/clapham

TOP TIPS

- Bring a water bottle with you.
- A one piece swimming costume is highly recommended.

SPECIAL OFFER

Sessions are free for a limited time only
Spaces limited 20 per session

Book your space today by emailing
Sue Robinson,
Community Sports Manager
sue.robinson@gll.org



british-sign

BETTER
the feel good place