



**Free vouchers to get active in South Gloucestershire**

## Aqua Fit

When	Contact	Location
<b>Aqua Fit</b> - Water based, low impact exercise. Suitable for all fitness levels, Aqua Fit will help strengthen muscles and joints as well as being fun and sociable.		
Tuesday 09:45 - 10:30	Filton Leisure Centre 01454 866686 <a href="mailto:scott.fessey@filtontowncouncil.gov.uk">scott.fessey@filtontowncouncil.gov.uk</a> <a href="http://filtonleisurecentre.co.uk/">http://filtonleisurecentre.co.uk/</a>	<a href="#">Filton Leisure Centre, BS34 7PS</a>
<b>Aqua Fit</b> - Water based, low impact exercise. Suitable for all fitness levels, Aqua Fit will help strengthen muscles and joints as well as being fun and sociable.		
Friday 09:30 - 10:15	Filton Leisure Centre 01454 866686 <a href="mailto:scott.fessey@filtontowncouncil.gov.uk">scott.fessey@filtontowncouncil.gov.uk</a> <a href="http://filtonleisurecentre.co.uk/">http://filtonleisurecentre.co.uk/</a>	<a href="#">Filton Leisure Centre, BS34 7PS</a>

For more information visit [www.southglos.gov.uk/sportspound](http://www.southglos.gov.uk/sportspound)

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