

Therapeutic Aquatics Class @ Evergreen

Hosted by Anke Langenhorst from Anke Langenhorst Physiotherapy

Content: Cardio fitness, Flexibility, Strength, Co-ordination and Balance in a joint-friendly, weight-free medium.

Class Times: Mondays: 9:00am or
Mondays: 9:45am

40 minutes @ R80,00 per class paid monthly in advance(Paid invoices are sent out at the end of the month)

If your Health matters to you and you are interested to join in the fun of fitness, flexibility and increased well-being, contact Anke to book your spot: 0833868558

First come first serve☺ (we can only fit 8 people in a class)

Kind regards

Anke Langenhorst