



AQUAMOVES HYBRID RACING CLUB

IMPROVE FITNESS

IMPROVE TECHNIQUE

IMPROVE RESULTS

**8 WEEK BLOCK
EVERY SUNDAY AT 9AM
STARTS 20 OCTOBER**

This eight week training block will have you racing better than ever, as you work on all fundamentals required to be successful in Hyrox and Deka this December!

JOIN THE TEAM TODAY. MEMBERS \$100 | NON MEMBERS \$150

Visit www.aquamoves.com.au or call 5832 9400  

Aquamoves is proudly provided by Greater Shepparton City Council.

