



THE TOLLYGUNGE CLUB LIMITED

120, DESHAPRAN SASMAL ROAD,
KOLKATA - 700 033
WEST BENGAL
INDIA

Aqua Movement Classes Effective 2nd April 2026

We are pleased to introduce Aqua Movement Classes at Tollygunge Club, commencing 2nd April 2026, under the guidance of renowned coach Natalie Shaw.

The programme will consist of 12 classes conducted during the month of April at the Outdoor Pool.

➤ **Coach Bio – Natalie Shaw**

Natalie Shaw is a NASM (USA) Certified Personal Trainer and Nutrition Coach with extensive experience in the health and wellness industry. She is also AFAA certified in group fitness and serves as their only instructor workshop presenter in the subcontinent. A 200-hour certified yoga instructor and fitness educator, Natalie conducts workshops across India and internationally and has received awards for her contributions to health, fitness, and women's empowerment.

➤ **Schedule**

Tuesday • Thursday • Saturday
5:00 PM – 6:00 PM

➤ **Venue**

Shallow End – Outdoor Pool

Kindly note that the shallow area will be temporarily reserved during class hours for participants.

➤ **Batch Size**

Minimum Participants: 10
Maximum Participants: 15

➤ **Fees**

Members: ₹ 4,500 + GST
Guests: ₹ 8,400 + GST

➤ **Guest Policy**

All guests enrolling for the programme will be required to sign a Standard Operating Procedure (SOP) declaration form prior to participation.

➤ **Swimming Pool Rules**

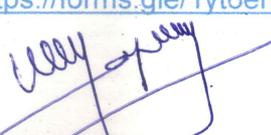
Swimming Pool Rules (including Dress Code) will apply. These rules are available for reference at the Indoor Pool.

➤ **Registration**

Members and guests are encouraged to register at the earliest as slots are limited.

Please complete your registration through the official Google Form link provided.

<https://forms.gle/1yt6erm2hyDkuZHw7>


Brig. V Ganapathy (Retd.)
C E & Managing Member

10/03/2026