

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00 - 7.45am		 AQUA CROSS				
8.00 - 8.40am	 AQUA FIT	 AQUA BLAST	 AQUA BLAST	 AQUA BLAST	 AQUA FIT	
8.30 - 9.15am						 AQUA BLAST
8.45 - 9.25am	 AQUA BLAST	 AQUA FIT	 AQUA FIT	 AQUA FIT	 AQUA BLAST	
9.30 - 10.15am	 AQUA DEEP		 AQUA DEEP	 AQUA DEEP	 AQUA DEEP	
1.30 - 2.10pm		 AQUA FIT				
1.40 - 2.20pm				 AQUA FIT		
5.00 - 5.45pm				 AQUA CROSS		
5.45 - 6.30pm				 AQUA CROSS		
6.45 - 7.30pm	 AQUA FIT					

Please note: Aqua group classes do not run on public holidays. Ask reception for more information on the 34 Aqua group classes available city wide.

CURRENT CLASSES

Reach your fitness goals faster and safer with aqua workouts.

AQUA – CROSS *Low Impact | High intensity*

Aqua Cross training sessions offer an all-in-one workout of functional movements with an increased in water resistance element. This 45-min circuit workout incorporates strength, cardio, respiratory endurance, power, swim drills, speed, and balance work.

AQUA – FIT *Low impact | Medium intensity*

Full body workout designed to increase your strength, fitness, and mobility. This class usually begins with cardio follow up with strength and finish is with full body stretch. Different types of dumbbells will be available for you.

AQUA – BLAST *Low impact | High intensity*

High intensity shallow water exercises, challenging, yet fun. Cardio, strength, flexibility - this class has it all. You will be using dumbbells & resistance bands to increase cardiovascular endurance and tone muscles.

AQUA – DEEP *Low Impact | High intensity*

These classes bring additional swimming element and make for a more intense workout. You'll burn more calories as for this class you will need to be a confident swimmer. Dumbbells, noodle and for those who like extra support belt is available.