

GROUP FITNESS CLASSES

TIMETABLE

FROM 19
MAY 2025

		MON	TUES	WED	THURS	FRI
AQUATICS	9:00 AM	LOW IMPACT 30mins	AQUA BOX 45mins	LOW IMPACT 30mins		AQUA PILATES 45mins
	10:00 AM	AQUA PILATES 45mins		AQUA 45min		AQUA 45min
	5:30PM	AQUA 45min		AQUA 45min		

LOW IMPACT

A low impact circuit class focusing on total body strength, incorporating functional balance and stability. Utilises both shallow and deep water.

AQUA PILATES

Aqua Pilates incorporates basic Pilates moves in the water, encompassing core strength and balance.

AQUA BOX

Aqua Box is a mix of boxing and martial arts moves in the water.

AQUA

Aqua provides great cardio with cushioning resistance and support – a great injury prevention workout where joints are safely supported with exercise not to mention lots of fun!

- At times, program bookings will interrupt regular scheduling. We will do our best to notify ahead of time when there are interruptions.
- Class times subject to change