

# GROUP FITNESS CLASSES

## TIMETABLE

FROM 17  
NOV 2025

		MON	TUES	WED	THURS	FRI
AQUATICS	9:00 AM	LOW IMPACT 30mins	AQUA BOX 45mins	LOW IMPACT 30mins	LOCAL FITNESS 30mins	AQUA PILATES 45mins
	10:00 AM	AQUA PILATES 45mins		AQUA 45min		AQUA 45min
	6:00 PM	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