



AQUA FITNESS

PROGRAM TIMETABLE




April 2018
CITY OF VINCENT



	MONDAY	TUESDAY	WEDNESDAY
6:00AM			
6:15AM			HIIT AQUA RUN 30m POOL
7:00AM			
9:15AM	AQUA FITNESS INDOORS/ OUTDOORS	AQUA ZUMBA INDOORS/ OUTDOORS	AQUA FITNESS INDOORS/ OUTDOORS
10:30AM	DEEP AQUA 30m POOL		DEEP AQUA 30m POOL
6:15PM			AQUA FITNESS INDOORS
7:00PM	AQUA FITNESS INDOORS		

CLASS TYPE	LENGTH OF CLASS	
HIIT AQUA RUN	30 Minutes	High Intensity running class in the 30m pool
DEEP AQUA	45 Minutes	Deep Water Aqua is a non-weight bearing workout that is easier on the joints than you can achieve on dry land and provides a cardiovascular workout. The class will improve your fitness, decrease body fat, tone muscles, and strengthen abdominals and core, these are such as the back, neck, and shoulders.
AQUA NATAL	45 Minutes	This aqua fitness class is in shallow water and is a low-impact workout that is perfect for pregnant women. It includes a variety of exercises that are safe and effective for pregnancy.
AQUA FITNESS	45 Minutes	A general session tailored to your current fitness level. Morning classes are held indoors during the winter months.
AQUA ZUMBA	45 Minutes	A 45 minute 'pool party'! Belting it out, singing, and shouting and work out!
AQUA BALANCE	45 Minutes	A unique mind-body experience that focuses on improving balance, core stability, strength. Ideal for those with joint issues or those looking for a low-impact workout.



THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AQUA DEEP 30M POOL		
		DEEP AQUA 30m POOL	
		AQUA BALANCE INDOORS	
AQUA ZUMBA INDOORS/ OUTDOORS	DEEP AQUA 30m POOL		
AQUA ZUMBA INDOORS			
AQUA NATAL INDOORS			

Classes are subject to change. Reasonable notification will be given where possible.

DESCRIPTION

ie 30 metre pool designed to increase your fitness in short time.

nt bearing form of exercise, so the range of movement and intensity is far greater
l and most importantly without the impact.

ss, develop muscle tome, help with weight loss and also strengthen your
such positive reasons for attending!

ow water and is designed especially for mums-to-be and new mums getting back into shape.

ir current level of fitness. This is held both indoors and outdoors.

s during the winter and outdoors during the summer months.

ig Latin and international rhythms, be ready to move your hips, splash, laugh,

hat adapts yoga, pilates, tai chi and dance to the water. Improves concentration, balance, breath-
deal for those chronic pain stress and beneficial during pregnancy.



ENTRY PRICES

Casual: \$16.00 per class

Multi-pass:

10 sessions \$144.00 • 20 sessions \$272.00

Memberships available. Please see Reception for details.

CENTRE HOURS

Monday to Friday 5.30am - 9.00pm

Weekends 6.30am - 7.00pm

Public holiday hours may vary, please check our website for details.

Closed Good Friday and Christmas Day.

Notification of closures and changes to opening hours
will be advised as early as possible.

220 Vincent Street, North Perth WA 6006

T: 9273 6080

www.beattypark.com.au