|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| CLASS TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 6:00AM |  |  | HIIT Aqua Run30m Pool |  | Deep Aqua30m Pool |  |
| 7:00AM |  |  |  |  |  | Deep Aqua 30m Pool Aqua  |
| Balance Indoors |
| 7:50AM |  |  | Aqua CardioIndoors/Outside |  |  |  |
| 9:15AM | Aqua FitnessIndoors/Outdoors | Aqua ZumbaIndoors/Outside |  | Aqua ZumbaIndoors/Outside | Deep Aqua30m Pool |  |
| 10:30AM | Deep Aqua30m Pool |  | Deep Aqua30m Pool |  |  |  |
| 6.15PM |  |  | Aqua FitnessIndoors | Aqua ZumbaIndoors |  |  |
| 7:00PM | Aqua FitnessIndoors |  |  | Aqua Natal Indoors |  |  |

|  |  |  |
| --- | --- | --- |
| CLASS TYPE | LENGTH |  |
| HIIIT AquaClass | 30 Minutes | High intensity running class in the 30 metre pool designed to increase your fitness in short time. |
| Aqua Cardio | 35 Minutes | Express high energy program with high/low impact options. Focus on cardiovascular fitness; great calorie burner. Plyometric, cardio, agility, balance, coordination and toning. |
| Deep Aqua | 45 Minutes | Deep Water Aqua is a non-weight bearing form of exercise, so the range of movement and intensity is far greater than you can achieve on dry land and most importantly without the impact. The class will improve your fitness, develop muscle tone, help with weight loss and also strengthen your abdominals and core, these are such positive reasons for attending. |
| Aqua Natal | 45 Minutes | This aqua fitness class is in shallow water and designed especially for mums-to-be and new mums getting back into shape. |
| Aqua Fitness | 45 Minutes | A general session tailored to your current level of fitness. This is held both indoors and outdoors. Morning classes are held indoors during the winter and outdoors during the summer months. |
| Aqua Zumba | 45 Minutes | A 45 minute ‘pool party’! Blending Latin and international rhythms, be ready to move your hips, splash, laugh, shout and work out. |
| Aqua Balance | 45 Minutes | A unique mind-body experience that adapts yoga, Pilates, tai chi and dance to the water. Improves concentration, balance, breathing and core stability, strength. Ideal for those chronic pain stress and beneficial during pregnancy. |

|  |  |
| --- | --- |
| PASS TYPE | COST |
| CasualSeniors | $17.00$10.00 |
| Multi-passMulti-pass Seniors | 10 sessions - $153.0020 sessions - $289.0010 sessions - $90.0020 sessions - $170.00 |