



## AQUA PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00-7:30am Aqua Fit		7.00-7:30am Aqua Fit		7.00-7:30am Aqua Fit
8.30-9.15am Aqua Fit	8.30-9.15am Aqua Fit	8.30-9.15am Aqua Fit	8.30-9.15am Aqua Fit	8.30-9.15am Aqua Fit
6.00-6:45pm Aqua Aerobics			6.00-6:45pm Aqua Aerobics	

Aqua Fit	Aqua Aerobics
<ul style="list-style-type: none"><li>• Low impact classes in deep water with a buoyancy belt</li><li>• Combination of cardio &amp; strength workout</li><li>• Suitable for people recovering from surgery</li><li>• 30/45 min class duration</li><li>• Heated 33°C indoor 15m pool</li></ul>	<ul style="list-style-type: none"><li>• Fast paced, high energy, cardio workout</li><li>• Combination of cardio &amp; strength workout</li><li>• Suitable for people recovering from surgery</li><li>• 45 min class duration</li><li>• Heated 33°C indoor 15m pool</li></ul>

### FREE CRÉCHE

Monday-Friday

8:15-11:15am

PERPETUAL*	COST	CASUAL PASS	COST
1st Class	\$23.50	1 Entry	\$27.00
2nd Class	\$11.75	5 Entries	\$130.00
3rd Class	\$11.75	10 Entries	\$250.00
4th Class	\$11.75	20 Entries	\$480.00

\*Perpetual bookings are debited monthly (50% discount for every additional class per week)