



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
• Low impact classes in deep water with a buoyancy belt • Combination of cardio & strength workout • Suitable for people recovering from surgery • 30/45 min class duration • Heated 33°C indoor 15m pool	• Fast paced, high energy, cardio workout • Combination of cardio & strength workout • Suitable for people recovering from surgery • 45 min class duration • Heated 33°C indoor 15m pool

FREE CRÉCHE

Monday-Friday

8:15-11:15am

PERPETUAL*	COST	CASUAL PASS	COST
1st Class	\$25.00	1 Entry	\$28.00
2nd Class	\$12.50	5 Entries	\$135.00
3rd Class	\$12.50	10 Entries	\$260.00
4th Class	\$12.50	20 Entries	\$500.00

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