

Aqua Aerobics



Aqua Aerobics is a fun, effective way of obtaining a complete body work out in the water.

Aqua aerobics combines elements of cardio training, muscle conditioning and core strengthening. The water supports the body, cushions the joints and provides extra resistance to maximise your workout. Our program is suitable for beginners through to elite athletes – classes are 45 minutes in duration.

Class Times		Class Prices	
Monday	9.40am and 7.30pm	Casual Class	\$15.00
Wednesday	9.00am and 7.30pm	Casual Concession	\$11.50
Friday	8.30am*	Multi 10 Pass	\$125.00
Sunday	9.30am	Multi 10 Pass Concession	\$90.00

*Daylight Savings time. 8.45am is the time outside of Daylight Savings.

Please note: Health screening forms are to be completed prior to first class attendance.

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