

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

Monday	9.40am and 7.30pm
Wednesday	9.00am and 7.30pm
Friday	8.30am

Class Prices

Casual Class	\$15.00
Casual Concession	\$11.50
Multi 10 Pass	\$125.00
Multi 10 Pass Concession	\$90.00

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

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