

# GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	Adult Squad	Adult Squad	Adult Squad	Adult Squad	Adult Squad		
7:30AM	Adult Squad		Adult Squad		Adult Squad		
8:00AM						Adult Squad	
9:15AM	Aqua Aerobics	Deep Water Running	Aqua Aerobics	Deep Water Running	Aqua Aerobics	Deep Water Running	Deep Water Running
9:30AM	Adult Squad		Adult Squad		Adult Squad		
10:15AM	Deep Water Running		Deep Water Running		Deep Water Running		
11:15AM	Adult Squad		Adult Squad		Adult Squad		
6:15PM	Deep Water Running		Deep Water Running				
6:30PM				Adult Squad			

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at a selection!

### **ADULT SQUAD - (60 MINS)**

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

### **AQUA AEROBICS - (60 MINS)**

Aqua Aerobics is the best of both worlds. Get the calorie burning benefits of aerobics with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### **DEEP WATER RUNNING - (45 MINS)**

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water, Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minutes class suitable for all abilities – you just need to be confident in deep water. vascular workout.