



SCENIC RIM AQUA FITNESS CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 AM			Aqua Pole				
06:30 AM				Aqua Aerobics			
08:30 AM	City Aqua (Gentle)		Aqua Aerobics		Aqua Aerobics		
09:00 AM							
09:30 AM	Aqua Gentle (30mins)				Aqua Gentle (30mins)		
10:00 AM							
05:30 PM	Aqua Aerobics		Aqua Aerobics	Be Healthy & Active Aqua			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

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

Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun an enjoyable environment.

Be Healthy & Active Aqua

The calorie burning benefits of group exercise with the therapeutic properties of water, using minimum impact movements, you'll develop strength and fitness in a fun environment.

City Aqua (Gentle)

A gentle class of 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.