

GROUP FITNESS TIMETABLE

Timetable as of Thursday 1st April 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	Aqua Fitness 45 mins		Aqua Fitness 45mins		Aqua Fitness 45mins		Aqua Fitness 45mins
3:00PM						Aqua Fitness 45mins	
5.45PM	Aqua Zumba 45mins		Aqua Fitness 45mins				

PLEASE NOTE: DUE TO THE TURBELENCE CREATED IN AQUATIC CLASSES SUPPORTIVE SWIMWEAR IS REQUIRED. ENCLOSED FOOTWEAR AND TOWEL ARE REQUIRED FOR ALL DRY CLASSES. PLEASE ENSURE YOU STAY HYDRATED BY BRINGING A DRINKBOTTLE TO EACH CLASS.

Disclaimer: Due to COVID-19 restrictions, a maximum of 30 people per aqua class is permitted at any time. You must bring your own towels and drink bottles to every class.

Please do not attend the centre if you have experienced any flu like symptoms in the past 14 days, or have been in contact with anyone who has or has returned from overseas in the past 14 days. We appreciate your assistance during this time.

LOVE GROUP FITNESS?? ASK NOW ABOUT MEMBERSHIP OPTIONS AND SAVE MONEY \$\$\$

AQUA ZUMBA

45 minutes

Aqua Zumba blends the Zumba philosophy with water resistance for a pool party not to be missed!

AQUA FITNESS

45 minutes

Low impact and high intensity aquatic fitness suitable for all ability levels.



PORT STEPHENS
COUNCIL

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