

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.25AM	<p>Water WORKOUT</p> <p>★CLAIRE</p>	<p>Aqua ACTION</p> <p>SHIRLEY</p>	<p><i>Gentle Warm Water</i></p> <p>★MARG</p>	<p>Aqua ACTION</p> <p>WIZ</p>	<p>Water WORKOUT</p> <p>★CYNDI</p>
10.30AM	<p><i>Gentle Warm Water</i></p> <p>★CLAIRE</p>	<p>Aqua MOVERS</p> <p>★SHIRLEY</p>	<p>Water WORKOUT</p> <p>★WIZ</p>	<p>Aqua MOVERS</p> <p>★WIZ</p>	<p><i>Gentle Warm Water</i></p> <p>★CYNDI</p>
6.30PM		<p>Aqua RUN</p> <p>WIZ</p>			

POOL KEY

25m Pool
 50m Pool
 Multipurpose Pool

CLASS DESCRIPTIONS

Aqua ACTION

A combination of cardio and resistance training with minimal choreography. Suiting all levels of fitness, you control the intensity making it as easy or as hard as you like. Duration: 45 mins. Coordination: Low.

Aqua MOVERS

★A gentle, low impact class in shallow water perfect for those with injuries or limitations. Suitable for all ages and fitness levels. Duration: 45 mins. Coordination: Low.

Water WORKOUT

★Increase your cardio fitness and strength with moderate to high intensity. Choreographed routines and a variety of circuits with equipment, line and wall work. A fun session for those seeking a challenge or to improve their fitness. Duration: 45 mins. Coordination: Low.

Gentle Warm Water

★Held in our warm water pool. Designed to increase and maintain mobility and flexibility. Ideal for older adults, those with chronic illness, recovering from injury or with a disability. Duration: 45 mins. Coordination: Low.

Aqua RUN

A vigorous, high intensity workout focusing on deep water running. Great for those wanting a fitness challenge, added variety to their fitness regime or requiring rehabilitation. . Duration: 45 mins. Coordination: Low.