



# GOULD ADAMS PARK AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM							
07:30 AM							
08:00 AM					City Aqua (Gentle)		
08:30 AM							
09:00 AM					City Aqua Indoor		
09:30 AM	City Aqua Indoor						
12:30 PM		Aqua Pilates					
01:00 PM			Aqua Aerobics				
05:30 PM	City Aqua Indoor		Aqua Zumba Indoor	City Aqua Indoor	Aqua Zumba Indoor		



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 Pilates

Pilates develops core stability and strength, toning the body. It also helps improve your flexibility and overall energy levels. Great for all fitness levels and swimming ability.

### City Aqua Indoor

This is our signature aqua session, the best of both worlds. 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. Session is completed in our indoor pool all year round.

### Aqua Zumba Indoor

Aqua Zumba is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves for an interval style calorie burning dance fitness party. Join the party and get fit, well having a heap of FUN with our Zumba crew.

### 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.

### 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 and enjoyable environment.