



# GOULD ADAMS PARK AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM							
07:30 AM							
08:00 AM		Aqua Aerobics					
08:30 AM							
09:00 AM							
09:30 AM	Aqua Aerobics						
12:30 PM							
01:00 PM			Aqua Aerobics				
05:30 PM			Aqua Aerobics				



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 and enjoyable environment.