



GOULD ADAMS PARK AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 AM	City Aqua (Gentle)				City Aqua (Gentle)	City Aqua	
08:15 AM							Pregnancy Aqua
09:00 AM	City Aqua				City Aqua		
12:00 PM		Aqua Pilates					
05:45 PM	City Aqua			City 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!

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.

Pregnancy Aqua

Perfect for mums-to-be or anyone who prefers to work out at a lower intensity, gentle aqua aerobics takes a more relaxed approach to aqua aerobics.

City Aqua

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.

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.