



GROUP FITNESS AQUAPROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
9.00am		AquaEase				Aqua Zumba®
9.15am	AquaFit High	AquaFit Deep	AquaFit High	AquaFit Deep	AquaFit High	
9.45am		AquaEase				
10.30am	AquaFit Low	AquaEase	AquaFit Low		AquaFit Low	
11.30am	AquaMove		AquaMove		AquaMove	
12.15pm					AquaMove	
1.00pm		AquaMove				
1.45pm		AquaMove				
6.30pm		AquaYoga				
7.00pm				Aqua Zumba®		
7.15pm	AquaFit High					

All classes are 45 minutes long. Please note that our Aqua classes do not run on public holidays.

AquaProgramme Class Descriptors

These 10 week prescribed exercises programmes are delivered during the school term and taught by our professional instructors. Spaces are limited and enrolment is required. See reception for more information.

AquaEase

Ideal for those recovering from injury, or who suffer from Arthritis or a similar condition - AquaEase helps alleviate aches and pains and gain strength. Enjoy warm water weightlessness as you're guided through gentle movement patterns specifically designed to improve and aid mobility. Max. 9 people per class.

AquaMove

The next step in your wellness journey, AquaMove focuses on balance, core strength and flexibility. This low impact class will remind you what it feels like to 'move' again as you enjoy the sensation of reawakening your stronger, more flexible body. Max. 9 people per class.

AquaYoga

The perfect opportunity to still your mind, slow the pace and take timeout, as you enjoy the feeling of peace, tranquillity and calm that AquaYoga brings. Improve flexibility, strength and balance while promoting relaxation and mindfulness. Max. 14 people per class.

Aquafit and Aqua Zumba® classes are a fun way to improve your overall health and fitness. Taught to music by our professional instructors, there are classes suitable for all levels of fitness and are payable on a casual basis.

AquaFit Low

A moderate intensity, minimal impact class designed with your joints in mind. Your knees will thank you as you enjoy the weightlessness and resistance of the water while improving fitness and toning muscles.

AquaFit High

A high intensity, heart pumping workout. Increase your cardio fitness, gain strength and tone muscles during a session where all exercises can be scaled to suit your ability.

AquaFit Deep

A no impact, high intensity workout taught in deep water with buoyancy belts. Improve core stability, endurance and cardio fitness.

Aqua Zumba®

A low impact, high-energy class, Aqua Zumba® combines the traditional elements of aqua fitness with the upbeat, Latin-infused dance moves and music that Zumba® is famous for. Develop your endurance, flexibility and co-ordination while having fun.