

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM		City Swim Swim Fit+* (Adult Squad)		City Swim Swim Fit+* (Adult Squad)			
07:00 AM						Aqua Aerobics	
08:00 AM	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	Deep Water Running	
01:00 PM	Active and Healthy Aqua			Active and Healthy Aqua			
06:00 PM		City Swim Swim Fit+* (Adult Squad)		City Swim Swim Fit+* (Adult Squad)			
06:15 PM	Aqua Aerobics	Aqua Pilates					



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!

### Active and Healthy Aqua

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 Aerobics

Aqua Aerobics is performed in the shallower water depth, and is a great challenging but fun class for all fitness levels. This resistance training class is a aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.

### Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.

### City Swim

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels, You are required to have a basic swim level and be able to complete multiple laps to attend this session.

### Swim Fit+\* (Adult Squad)

This class focuses on improving technique, endurance and performance. Run by our experienced/accredited Rackley Coaches. \* These sessions require SwimFit Plus Membership Pass - please ask for details at pool reception. Trial sessions are available .

### 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.