



# Aqua Aerobics Timetable

Gisborne Aquatic Centre	Mon	Tues	Wed	Thurs	Fri
7.45am				Aqua Fitness Mary	
9:15am		Aqua Fitness Jenny	Aqua Fitness Chrissy		Aqua Fitness Deb/Chrissy
6:30pm	Aqua Fitness Chrissy				

**Aquatic classes** (Aqua classes are included in Gym/Swim memberships, they are not included in Swim or Gym only memberships)

**Aqua Fitness** - a fun, low impact, full-body workout that enhances your cardiovascular health, strength, endurance, posture and flexibility. Use of equipment such as noodles, aqua gloves, dumbbells, kickboards and balls provide great variety. Deep water suspended moves may be included but are optional and only for those participants with swimming confidence. Classes are suitable for individuals of all fitness levels and abilities.

**For your own comfort, please ensure you bring along a towel and drink bottle. For membership and casual prices visit [mrsc.vic.gov.au/leisure](http://mrsc.vic.gov.au/leisure)**

