



Aqua Aerobics Timetable

Mon	Tues	Wed	Thurs	Fri <small>*Jan 10, 17, 24</small>
			7.45am Aqua Fitness Mary	
	9.15am Aqua Fitness Jenny	9.15am Aqua Fitness Chrissy		9am * Aqua Fitness Mary
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

