

GROUP EXERCISE CLASSES

TIMETABLE

2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATICS	7:15am						Deep Water 50m Pool Faye
	7:30am		Adult Squad 50m Pool		Adult Squad 50m Pool		
			Gentle Aqua Aerobics Indoor Pool Hilary		Gentle Aqua Aerobics Indoor Pool Hilary		
	8.30am		Aqua Aerobics 25m Pool Faye				
	9:00am	Aqua Combo 50m Pool Mellissa		Deep Water 50m Pool Mellissa	Aqua Aerobics 25m Pool Krisztina	Aqua Aerobics 25m Pool Faye	
	10:00am	Aqua Aerobics 25m Pool Krisztina					
	5:50pm	Aqua Aerobics 25m Pool Faye		Aqua Aerobics 25m Pool Hilary			

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

GROUP EXERCISE CLASSES

DESCRIPTIONS

2026

Aqua aerobics classes are a fantastic way to stay fit and active without putting stress on your joints. They are perfect for all fitness levels and ages, as our instructors always offer options so you can adjust the workout to your abilities.

AQUA AEROBICS

Enjoy a fun, music-filled, low-impact workout in our heated 25m outdoor pool (featuring easy ramp access). These classes are designed to improve your cardiovascular endurance, balance, and overall body strength in a welcoming atmosphere.

GENTLE AQUA AEROBICS

Tailored specifically for older adults or those new to water workouts, this slow-paced, low-impact class focuses on mobility, balance, and gentle conditioning. Sessions are held in the warm, 32°C heated indoor pool (please note: access to this pool is via steps only, with no ramp available).

DEEP WATER AQUA

Experience a high-intensity cardiovascular workout with zero impact on your joints. This class is excellent for improving overall fitness, health, and weight management. Participants access the pool via steps and can choose to wear a flotation belt for support or rely on their own natural buoyancy.

AQUA COMBO

Offering the best of both worlds, Aqua Combo features versatile exercises designed to be performed in either the shallow or deep end of the pool. This allows participants to choose the depth and intensity level they are most comfortable with.

Never tried Aqua Aerobics with us before? Come and experience the benefits of a water-based workout with a FREE trial class for all first-time attendees.

ADULT SQUAD

Our one-hour Adult Squad sessions cater to all levels, from beginners to advanced swimmers. Expert coaches provide tailored programs focusing on general fitness, stroke correction, triathlon preparation, masters swimming, and competition training. Bookings can be made in-centre or via the Active World app.