GROUP EXERCISE CLASSES
TIMETABLE

2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATICS	7:10am						**Deep Water** 50m Pool Faye
	7:30am		**Adult Squad** 50m Pool **Gentle Aqua Aerobics** Indoor Pool Hilary		**Adult Squad** 50m Pool **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 Hilay			

- 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.

Cleveland Aquatic Centre

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.

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