



STARplex Swim Centre

Water Fitness Classes

- ◆ **Aqua Aerobics** – A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.
- ◆ **Deep Water Aqua** – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.

Water Fitness Classes and Pregnancy: Water Fitness Classes incorporates gentle exercise to help improve your posture, circulation and sleep and to maintain ultimate health and fitness both prior to and following your pregnancy. (Medical clearance required).

Class times may be subject to change without prior no-

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7.30am-8.15am Deep Water Aqua Jodie	7.30am –8.15am Deep Water Aqua Louisa			7.30am-8.15am Deep Water Aqua Sue
	8.15am-9.00am Aqua Aerobics Louisa	8.15am-9.00am Gentle Movers Bev	8.15am-9.00am Deep Water Aqua Sherie	8.15am-9.00am Gentle Movers Bev
	12.30pm-1.15pm Gentle Movers Marianne	12.30pm-1.15pm Aqua Aerobics Deidre		12.30pm-1.15pm Gentle Movers Marianne
6.15pm-7.00pm Aqua Aerobics Bev	6.15pm-7.00pm Aqua Aerobics Deidre	6.15pm-7.00pm Deep Water Aqua Deidre	6.15pm-7.00pm ½ Deep Water Aqua ½ Aqua Aerobics Deidre	6.15pm-7.00pm ½ Deep Water Aqua ½ Aqua Aerobics Deidre
7.00pm-7.45pm Deep Water Aqua Bev	7.00pm-7.45pm Aqua Aerobics Wendy	7.00pm-7.45pm Aqua Aerobics Deidre	7.00pm-7.45pm Aqua Aerobics Deidre	

www.starplex.com.au

Prices

\$13.50 per class \$10.00 concession

15 visit pass

\$125.00 \$105.00 concession

3 month pass

\$175.00 \$155.00 concession

