



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).

aqua Zumba® - A pool party workout! aqua Zumba® is a great fitness class and the only one in Australia! aqua Zumba® instructor Sherie Barker will lead you on a journey as you dance your way in the water to some awesome music.

Class times may be subject to change without prior notice

<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 aqua Zumba® Sherie	7.30am-8.15am Deep Water Aqua Sue
8.15am - 9.00am aqua Zumba® Sherie	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	7.00pm-7.45pm aqua Zumba® Sherie

Prices

\$13.50 per class \$10.00 concession

15 visit pass

\$125.00 \$105.00 concession

3 month pass

\$175.00 \$155.00 concession

www.starplex.com.au