

# Aqua Aerobics Timetable

Commencing 2<sup>nd</sup> September 2024  
Bookings essential

## 25m Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am AQUA GENTLE 45mins		8:00am AQUA GENTLE 45mins		8:00am AQUA GENTLE 45mins
9:00am Aqua HIIT 45mins	9:00am AQUA CORE 45mins	9:00am AQUA STRONG 45mins	9:00am Aqua HIIT 45mins	9:00am AQUA STRONG 45mins
5:30pm AQUA CARDIO 45mins		5:30pm AQUA HIIT 45mins		

## Class Descriptions

Commencing 2nd September 2024

Bookings for each class is essential via member portal:  
[ymcafitness.com/member-portal](http://ymcafitness.com/member-portal)

### 25m Pool Classes:

#### AQUA HIIT

An aerobics based workout pushing your fitness levels through the use of music and equipment.

#### AQUA CARDIO

An aerobics based class focused on building cardiovascular fitness through the use of weighted equipment or body weight water exercises. A faster paced class.

#### AQUA CORE

Using buoyancy and equipment this class is focused on building your core, lower back and hip muscles.

#### AQUA STRONG

A resistance style aerobics session focused on repetitions, control and tension to help build your muscular strength and endurance.

#### AQUA GENTLE

Gentle is focused on increasing the bodies movement, muscular endurance flexibility and balance in the comfort of the warm hydro pool. This class is perfect for beginners to exercise.

**Please note:** Aqua Gentle will be held in the 25m Pool until Hydrotherapy Pool renovations are complete