



HELENSVALE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 AM					Aqua Aerobics		
08:30 AM	Aqua Aerobics						
01:00 PM					Active and Healthy		



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

Active and Healthy

This class is the same as Indoor Aqua. It is \$5 for non-members.

Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.