THINGS TO REMEMBER

- Check in with Reception prior to attending any Group Fitness Class
- Please bring a towel to every group fitness session
- Yoga participants are encouraged to bring their own mats, blocks and bands however these will also be supplied. Yoga participants will need to provide their own blanket/large towels.
- Please arrive to the class on time, late entry will not be permitted.

CANCELLATIONS

Friday 05/11 10:15am Hydroblast Deep

Monday 29/11 10:15am Hydroblast Deep









ADELAIDE AQUATIC CENTRE NORTH ADELAIDE



GROUP FITNESS TIMETABLE NOVEMBER 2021

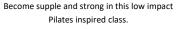
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am			CRECHE 60				
7:15am						CRECHE 60	
8:00am	hudro blast AQUATIC-DIVE 45	AQUATIC—DIVE 45	AQUATIC—DIVE 45	hudro blast AQUATIC-DIVE 45	AQUATIC—DIVE 45		
8:30am						tone stape GROUP FITNESS 45	
9:00am	STRENGTH for life 50*	STRENGTH for life 50°	STRENGTH for life 50°	STRENGTH for life 50°	STRENGTH for life 50°	STRENGTH for life 50°	
9:15am	stape group fitness 45	GROUP FITNESS 45	GROUP FITNESS 45	GROUP FITNESS 45	GROUP FITNESS 45		
9:30am						GROUP FITNESS 30	
10:15am	hudro blast AQUATIC-DIVE 45	STRENGTH for life 50°	hudro blast AQUATIC-DIVE 45	STRENGTH for life 50°	AQUATIC-DIVE 45	STRENGTH for life 50°	
		hudro Fit AQUATIC-MAIN 45		hudro Fit AQUATIC—MAIN 45			
5:30pm	GROUP FITNESS 45	tone skåpe group fitness 45		tone slape group fitness 45			
6:30pm	GROUP FITNESS 45	GROUP FITNESS 30		GROUP FITNESS 30			
	CRECHE 60	AQUATIC—DIVE 45		AQUATIC—DIVE 45			

CLASS

DESCRIPTION







Maximum 18 Participants





Sculpt your body with alternating upper, lower and core exercise, guaranteed to get your heart rate up.

Maximum 18 Participants





SHAPE UP, TONE UP AND FEEL GREAT! Train using a barbell and tempo to give yourself an awesome pump.

Maximum 18 Participants





Get your heart rate up and increase your metabolic rate with this high intensity interval workout.

Maximum 18 Participants





A H.I.I.T. class focused on boosting fitness, increasing energy levels and getting results in a short amount of time.

Maximum 18 Participants



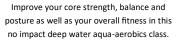


Activate your body and mind using positions that are proven to work each muscle, joint and ligament in the body.

Maximum 14 Participants







Maximum 40 Participants





Using the water as resistance, punch, kick, jump and run your way into fitness with our shallow water aqua-aerobics class.

Maximum 18 Participants





Age is no barrier in regaining your strength and balance in this over 50's class. Pre-Screening is required prior to attendance.

Maximum 18 Participants