

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






































MONDAY 04/10 No Classes (except SFL)





CITY OF ADELAIDE | ADELAIDE AQUATIC CENTRE
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**GROUP FITNESS
TIMETABLE
OCTOBER 2021**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am			 CRECHE 60				
7:15am						 CRECHE 60	
8:00am	 AQUATIC—DIVE 45	 AQUATIC—DIVE 45	 AQUATIC—DIVE 45	 AQUATIC—DIVE 45	 AQUATIC—DIVE 45		
8:30am						 GROUP FITNESS 45	
9:00am	 GYM 60	 GYM 60	 GYM 60	 GYM 60	 GYM 60	 GYM 60	
9:15am	 GROUP FITNESS 45	 GROUP FITNESS 45	 GROUP FITNESS 45	 GROUP FITNESS 45	 GROUP FITNESS 45		
9:30am						 GROUP FITNESS 30	
10:15am	 AQUATIC—DIVE 45	 GYM 60	 AQUATIC—DIVE 45	 GYM 60	 AQUATIC—DIVE 45	 GYM 60	
		 AQUATIC—MAIN 45		 AQUATIC—MAIN 45			
5:30pm	 GROUP FITNESS 45	 GROUP FITNESS 45		 GROUP FITNESS 45			
6:30pm	 GROUP FITNESS 45	 GROUP FITNESS 30		 GROUP FITNESS 30			
	 CRECHE 60	 AQUATIC—DIVE 45		 AQUATIC—DIVE 45			

CLASS	DESCRIPTION
 45	Become supple and strong in this low impact Pilates inspired class. Maximum 18 Participants
 45	Sculpt your body with alternating upper, lower and core exercise, guaranteed to get your heart rate up. Maximum 18 Participants
 45	SHAPE UP, TONE UP AND FEEL GREAT! Train using a barbell and tempo to give yourself an awesome pump. Maximum 18 Participants
 45	Get your heart rate up and increase your metabolic rate with this high intensity interval workout. Maximum 18 Participants
 30	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
 60	Activate your body and mind using positions that are proven to work each muscle, joint and ligament in the body. Maximum 14 Participants
 45	Improve your core strength, balance and posture as well as your overall fitness in this no impact deep water aqua-aerobics class. Maximum 40 Participants
 45	Using the water as resistance, punch, kick, jump and run your way into fitness with our shallow water aqua-aerobics class. Maximum 18 Participants
 60	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