

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.

CLASS CANCELLATIONS

Thursday 24/12/2020—Sunday 03/01/2021 (inclusive)

All Classes Cancelled (SFL will continue as Normal)

13/01/2021 : 7:00am YOGA

























25/01/2021 : 6:30pm YOGA



CITY OF ADELAIDE | ADELAIDE AQUATIC CENTRE
JEFFCOTT ROAD, NORTH ADELAIDE
8203 7665 | aac@cityofadelaide.com.au

GROUP FITNESS TIMETABLE January 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		BOOT CAMP OUTDOOR 45		BOOT CAMP OUTDOOR 45			
7:00am	STRENGTH for life 50+ GYM 60		 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	STRENGTH for life 50+ GYM 60	STRENGTH for life 50+ GYM 60		STRENGTH for life 50+ GYM 60	STRENGTH for life 50+ GYM 60	STRENGTH for life 50+ GYM 60	
9:15am	 GROUP FITNESS 45	FIRM&flex GROUP FITNESS 45	 GROUP FITNESS 45	HIIT! GROUP FITNESS 45	FIRM&flex GROUP FITNESS 45		
9:30am						 GROUP FITNESS 30	
10:15am	 AQUATIC—DIVE 45	STRENGTH for life 50+ GYM 60	 AQUATIC—DIVE 45	STRENGTH for life 50+ GYM 60	 AQUATIC—DIVE 45	STRENGTH for life 50+ GYM 60	
		 AQUATIC—MAIN 45		 AQUATIC—MAIN 45			
5:30pm	 GROUP FITNESS 45	 GROUP FITNESS 45		 GROUP FITNESS 45			
6:30pm	HIIT! GROUP FITNESS 45	 GROUP FITNESS 30		 GROUP FITNESS 30			
	 CRECHE 60	 AQUATIC—DIVE 45		 AQUATIC—DIVE 45			

CLASS	DESCRIPTION
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| BOOT CAMP | 45 | Run, jump, crawl and throw your way through this intense 45 minute workout guaranteed to increase your overall fitness. |
| FIRM&flex | 45 | Become supple and strong in this low impact Pilates inspired class. |
| tone & shape | 45 | Sculpt your body with alternating upper, lower and core exercise, guaranteed to get your heart rate up. |
|  | 45 | SHAPE UP, TONE UP AND FEEL GREAT! Train using a barbell and tempo to give yourself an awesome pump. |
| HIIT! | 45 | Get your heart rate up and increase your metabolic rate with this high intensity interval workout. |
|  | 30 | A H.I.I.T. class focused on boosting fitness, increasing energy levels and getting results in a short amount of time. |
|  | 60 | Activate your body and mind using positions that are proven to work each muscle, joint and ligament in the body. |
|  | 45 | Improve your core strength, balance and posture as well as your overall fitness in this no impact deep water aqua-aerobics class. |
|  | 45 | Using the water as resistance, punch, kick, jump and run your way into fitness with our shallow water aqua-aerobics class. |
| STRENGTH for life 50+ | 60 | Age is no barrier in regaining your strength and balance in this over 50's class. Pre-Screening is required prior to attendance. |