



Aqua Aerobics

Timetable Current as of October 2023

Ph 02 4823 4834

PLEASE COLLECT YOUR TICKET AND GIVE TO YOUR TRAINER AT THE START OF YOUR SESSION, THANK YOU

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am – 7:00am	ACTIVE AQUA 25m Pool		ACTIVE AQUA 25m Pool		ACTIVE AQUA 25m Pool
9.00am – 9.45am	ACTIVE AQUA 25m Pool		ACTIVE AQUA 25m Pool		ACTIVE AQUA 25m Pool
10.00am – 10.30am					AQUA GENTLE Warm Water Pool
10:20am – 11:00am		AQUA GENTLE Warm Water Pool		AQUA GENTLE Warm Water Pool	
5:30pm - 6:15pm	DEEP AQUA 25m Pool		AQUA GENTLE Warm Water Pool		

Single/Multiple use Aqua Aerobics Passes and Memberships available for purchase at reception.

Please be sure to bring your WATER BOTTLE and place on edge of pool to hydrate during your sessions. Aqua shoes are recommended.



Goulburn Aquatic & Leisure Centre
85 Deccan Street, GOULBURN NSW 2580
Phone: 02 4823 4834



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CLASS DESCRIPTIONS

Please collect your class ticket from reception and give to your trainer

ACTIVE AQUA 25m Pool - Maximum 36 participants

Cardio focused workout – a great way to increase your cardio & improve your fitness. Suitable for all fitness levels with options provided for beginner to advanced. Conducted in the shallow & deep end of the 25m Pool. Please bring a water bottle

DEEP AQUA 25m Pool - Maximum 36 participants

Moderate to high Intensity workout with minimal impact to increase fitness & strength without stress on your joints. Flotation devices used, participants not confident in deep water have the option to stay in the shallower end of the pool. Suitable for all fitness levels. Primarily conducted in the deep end of the 25m Pool with some activities at chest level. Please bring a water bottle, aqua shoes are recommended.

AQUA GENTLE Warm Water Pool - Maximum 24 participants

Great introduction to aqua classes. Improving cardio, mobility & strength. Suitable for beginners and intermediate participants. Conducted in the Warm Water Pool (water will be no higher than chest deep for most participants). Please bring a water bottle, aqua shoes are recommended.

Please be sure to bring your WATER BOTTLE and place on edge of pool to hydrate during your sessions. Aqua shoes are recommended.



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