

# aquarobics



*feel great, have more energy!*

**Aquarobics** classes have proved popular with people who may not have otherwise been involved in exercise.

Aquarobics is an extremely enjoyable class from which many benefits such as rehabilitation, fitness and social integration can be gained.



Sutherland Shire  
Leisure Centres



## BENEFITS

- Exercise in water is easier as it supports body weight
- Reduces stress on joints
- More comfortable environment to exercise in
- Allows a full range of movement without excessive strain
- Increases circulation and promotes relaxation
- Reduces stress levels
- Potential weight loss through caloric expenditure and increased muscle tissue

## CLASS DESCRIPTIONS

### Power

A high energy workout for overall fitness and toning guaranteed to increase the heart rate.

### Tone

A toning and firming class using weights and water as a resistance. Suitable for all fitness levels.

### Deep water

Using buoyancy belts there is no impact on joints.

### Gentle

Designed for seniors. Beneficial for those with blood pressure, arthritis, joint problems or injury rehabilitation.

### Seniors

Designed for the more active seniors.

## Centre hours

MONDAY TO FRIDAY

5.30am - 9.00pm

SATURDAY

6.00am - 7.00pm

SUNDAY & PUBLIC

HOLIDAYS

7.00am - 7.00pm

## Special needs

Designed for people suffering from MS, Stroke, Parkinsons and arthritis, back, hip, knee injury, pre and post operation.

## WHAT TO BRING

Swimwear and towels are required.

## WHO CAN PARTICIPATE

Aquarobics is for all levels. The program offers a variety of options so that you can work out at your own level. It is essential that each participant is able to swim



**NOTE** complying with the FitnessNSW Code of Practice all participants will be required to complete a pre-exercise questionnaire. Entry into Aquarobics classes is dependent upon satisfying all criteria.

## Class Times

Please see the group fitness timetable for current times

## Sutherland Leisure Centre

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