

# CARINGBAH LEISURE CENTRE

## Aqua Fitness Timetable

Ph: 9525 6777



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8.30am</b> March – Dec '10 (Olympic Pool)	DEEPWATER Allison	DEEPWATER Margaret	DEEPWATER Allison	DEEPWATER Margaret		
<b>9.00am</b> (Olympic Pool)						DEEPWATER Judy/Carolyn
<b>9.30am</b> (Program pool)		GENTLE AQUA Allison		GENTLE AQUA Margaret		
<b>7.00pm April-Oct</b> (Olympic Pool)	DEEPWATER Margaret					

- Aqua Fitness classes are designed for all levels of fitness
- Classes are for 45 minutes duration
- Gentle Aqua classes are especially designed for seniors but are also beneficial for people with arthritis, injury, rehabilitation or pregnancy.
- Deepwater classes are a great workout with no impact.

Costs: \$11.00 Adult  
\$ 8.90 Student  
\$ 6.80 Senior