



## FITNESS CLASSES 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6pm – 6:45pm <b>Aqua Fitness</b>		6pm – 6:45pm <b>Aqua Fitness</b>	2:30 – 3:15pm <b>Aqua Fitness</b>	11:30 - 12:30pm <b>Zumba</b>  NOTE: This class is held in the PCYC building. Please report to the Aquatic Centre Desk on arrival.

**All participants are required to complete a pre-exercise questionnaire and waiver prior to joining a class.**

For more information or to make a booking please see our front counter staff or Call 6430 5733 😊 Thankyou.