



# **FITNESS CLASSES 2026**



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