






	Monday	Tuesday	Wednesday	Thursday
9.00am				
	Aqua Deep	Aqua Multi	Aqua HIIT	Aqua Multi
5.45pm				
			Aqua HIIT	

Aqua Deep

Multipeak. The use of flotation belts is worn to perform a variety of training including **water** walking and running, abdominal work and toning exercises. This **class** is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone.
Deep Water – Lap Pool

Aqua Multi

Multipeak. Mixture of low to high intensity. Suitable for all fitness levels. The use of equipment and exercise format may change from week to week.
Chest Deep – Hydro Pool

Aqua HITT

H2O Intermittent Training. Short bursts, of high intensity exercise, followed by a recovery period. Research shows that intermittent training offers one of the most effective workouts, especially for participants with no aqua aerobic experience.
Chest Deep – Hydro Pool