

# Aqua Fit

Monday	9.30am AquaFit	10.30am Pregnancy Aqua	6.30-7.15pm Aqua Zumba	7.15pm Deep water
Tuesday		10.00am Ezy Movers		7.00pm Deep Water
Wednesday	8.45am Ezy Movers	9.30am Deep Water		7.00pm Deep Water
Thursday		10.00am Ezy Movers		7.00pm Deep Water
Friday		9.30am Deep Water		

## **AquaFit 1 hour**

A low impact, aerobic and fat burning workout in shallow water.  
For all ages and abilities.

## **Deep Water 45 minutes**

A challenging total body workout that tones, burns fat and strengthens your core muscles.

## **Pregnancy Aqua 45 minutes**

Gentle exercise to help improve your posture, circulation and sleep. Also helps to maintain ultimate health and fitness both prior to and following your pregnancy.

## **Ezy Movers 45 minutes**

A 50's forward class for the young at heart. Social, fun and low impact exercise.  
Group morning tea every Tuesday.

# Keith Spry Pool