



KAWANA AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM		City Aqua		City HIIT			
08:00 AM						City Aqua	
08:15 AM	City Aqua				City Aqua		
09:15 AM	City Aqua	City Aqua	City Aqua	City Aqua	City Aqua		
10:15 AM		City Bootcamp					
10:30 AM				Pregnancy Aqua			
12:30 PM	City Aqua (Gentle)			City Aqua (Gentle)			
06:00 PM		Aqua Fit Shallow	Aqua Fit Strength	Aqua Fit Shallow			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

City HIIT

One of our toughest workouts! For those looking to get serious about their training - High Intensity Interval Training, using a mix of body weight exercises, resistance equipment and cardio work in a fun motivating high energy session. Designed to test the fittest.

Aqua Fit Shallow

A fun shallow water workout suitable for new participants, rehabilitation and the fittest of all. Combining strength, muscle endurance and cardio exercises. You will love attending this low impact form of exercising.

Pregnancy Aqua

Perfect for mums-to-be or anyone who prefers to work out at a lower intensity, gentle aqua aerobics takes a more relaxed approach to aqua aerobics.

City Bootcamp

Need that extra motivation? Then boot camp is for you. Experience a range of exercises drills in a team-oriented session - a mentally and physically tough session for those looking for that extra effort. Suitable for all fitness levels.

City Aqua

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

Aqua Fit Strength

A fun workout focus on building strength suitable for new participants, rehabilitation and the fittest of all. Combining strength, muscle endurance and cardio exercises. You will love attending this low impact form of exercising.

City Aqua (Gentle)

A gentle class of Aqua Aerobics is the best of both worlds. Get the calorie burning benefits of aerobics with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.