



NORTH LAKES AQUATIC CENTRE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------------|---------------|---------------|---------------|--------|---------------|--------|
| 09:00 AM | Aqua Aerobics | | Aqua Aerobics | | | Aqua Aerobics | |
| 06:15 PM | | Aqua Aerobics | | Aqua Aerobics | | | |



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!

Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.