

Aqua Group Fitness – Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
7am 	AQUA shallow (50 mtr pool)		AQUA deep (50 mtr pool)		AQUA deep (50 mtr pool)		
						8am 	AQUA shallow (50 mtr pool)
9am 	AQUA shallow (50 mtr pool)	AQUA deep (50 mtr pool)	AQUA ZUMBA shallow (50 mtr pool)	AQUA shallow (50 mtr pool)	deep WATER RUNNING (50 mtr pool)		
9.45am 			Swimfit (50 mtr pool)		Swimfit (50 mtr pool)		
12pm 	AQUA shallow (50 mtr pool)		AQUA shallow (50 mtr pool)	AQUA shallow (50 mtr pool)	AQUA shallow (50 mtr pool)		
1pm 	AQUA (indoor heated pool)		AQUA (indoor heated pool)		AQUA (indoor heated pool)		
6:30pm 	AQUA deep (50 mtr pool)	AQUA shallow (indoor heated pool)	AQUA shallow (indoor heated pool)	AQUA ZUMBA shallow (indoor heated pool)			

Consulting your physician prior to participating in any group fitness program is highly recommended.
Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

AQUA SHALLOW

You will enjoy a variety of class styles that are multi-levelled to suit beginner through to advanced participants. These classes are fantastic for improving aerobic fitness, muscle endurance as well as core strength, balance and flexibility all in a safe and low impact environment.

AQUA DEEP

Perfect for people wanting a total non-weight bearing workout. Deep water aqua is unique and well renowned for its many benefits, including core strength, aerobic and muscular endurance, flexibility and muscle balance whilst at the same time promoting and invigorating a sense of well-being and relaxation. Classes are held in deep water. Buoyancy belts are provided, however your own personally fitted belt when regularly attending is suggested. Participants must be comfortable in deep water.

DEEP WATER RUNNING

Gives you all the benefits of an interval run without the impact. This class is fantastic for increasing your cardio fitness and burning those calories.

SWIMFIT

Offers stroke correction in a friendly, social environment allowing participants to improve their swimming technique and fitness at their own pace.



Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

ADULT SWIM SQUAD

This squad is for those who like a challenge and can swim laps confidently or have some swim fitness. Swimmers can use fins and can always rest when needed. You are the master of your own session and the coach will push you if you would like. Sessions can consist of aerobic work including 100’s, 200’s and 400’s, anaerobic work including 50’s or 100 efforts with adequate rest, power and resistant training and speed. Our sessions are also designed to have element of fun and variety to ensure you don’t get bored. We encourage a good social side to the squad to give you the opportunity to meet other like-minded people.