

AQUA-FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI
9:00 AM		AQUA SPLASH		AQUA SPLASH	
9:15AM	AQUA ENERGY		AQUA ENERGY		AQUA ENERGY
1:15PM	AQUA SPLASH		AQUA SPLASH	AQUA SPLASH	
6:00PM	AQUA DEEP		AQUA DEEP		

NOTE: ALL PATRONS MUST BE OVER THE AGE OF 16 TO PARTICIPATE IN ANY ALAC GROUP FITNESS CLASS

AQUA SPLASH

A moderate intensity class held in the waist-deep leisure pool aimed to improve cardiovascular fitness, strength, mobility and endurance. No swimming experience required.

AQUA ENERGY

A low impact, moderate intensity class that utilises a range of specialised equipment to create a fun and energetic workout. Aqua Energy will have you burning calories while keeping fit, strong and mobile.

AQUA DEEP

This low-impact, non-weight bearing class aims to improve cardiovascular fitness, muscle strength and core stability with the aid of a buoyancy belt to help keep you afloat.

LEISURE POOL
 LAP POOL
 LAP POOL

TIMETABLE EFFECTIVE: OCTOBER 2025

