



CHERMESIDE AQUATIC CENTRE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--------------------|--------------------|------------------|------------------|--------------------|--------|
| 05:00 AM | | | | | | | |
| 06:00 AM | | | | | | | |
| 08:00 AM | | Swim Fitness Group | | | | Swim Fitness Group | |
| 09:00 AM | | Deep Water Running | | | | | |
| 12:00 PM | Ai Chi (Aqua Yoga) | City Aqua Indoor | City Aqua Indoor | City Aqua Indoor | City Aqua Indoor | | |
| 06:00 PM | Swim Fitness Group City Aqua Indoor | City Aqua Indoor | Swim Fitness Group | City Aqua Indoor | | | |



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!

Swim Fitness Group

An adult swimming session for those interested in improving technique and swim fitness. With multiple sessions a week, Swim Fitness Group caters to a wide range of abilities and fitness levels.

Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.

Ai Chi (Aqua Yoga)

AI CHI (aqua yoga) is a water exercise that consists of deep breathing and slow continuous movements. Aqua yoga is perfect for those who can't manage to do yoga on the mat. It adapts the postures and principles of yoga to an aquatic environment. It is a soothing and restorative form of yoga.

City Aqua Indoor

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. Session is completed in our indoor pool all year round.