



CHERMSIDE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM	Adult Squad		Adult Squad		Adult Squad		
07:00 AM						Adult Squad	
08:00 AM		City Swim Fit					
09:00 AM		Deep Water Running				City Circuit	
12:00 PM	City Aqua	City Aqua	City Aqua	City Aqua	City Aqua		
06:00 PM	City Aqua	City Aqua	City Aqua	City Aqua			



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 Circuit

One of the oldest and most effective forms of Group Exercise there is. Work to your own limitations completing a range of exercises that will work your entire body. This class covers all the bases - Strength, toning, cardiovascular fitness and weight loss.

City Swim Fit

An adult swimming session for those interested in improving their swim technique and increasing their 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.

Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

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.