












TIMETABLE

TIME	MON	TUES	WED	THURS	FRI
8:30am	 AQUASIZE	 AQUABOX	 AQUA BOOTCAMP	 AQUA MOVES	 AQUAFEET
9:30am	 AQUASIZE				
12:00pm				 AQUASIZE	
2:00pm		 AQUASIZE			
6:30pm		 AQUA BOOTCAMP			

INFORMATION ABOUT CLASSES

All classes run for 45 minutes and take place in our heated 50m pool.

Due to programming growth, please arrive 15 minutes prior to the designated start time of that class. Class sizes are capped at 40 participants.

Exercising in the water is a great way to help the body to cure, cleanse and strengthen itself.

If you require a carer, we invite you to bring a family member or friend to exercise with you in the water. Join us for a cuppa afterwards!

FUTURE CLASSES

Additional classes (Deep Water Running, Aqua Feet, Aqua Bellies and Aqua for All) may be available in February.

These classes may be available at different time slots to those currently being offered.

If you would like to see these classes in February, please contact us at kilsythadmin@belgravialeisure.com.au.

CLASS DESCRIPTIONS

Aqua Moves

An in-water dance class, that supports good posture and technique. Best part of the class is that no dancing experience is necessary!

Aqua Size

This class is designed to be suitable for participants of all age groups and levels. Structured to provide you with a challenge whilst enabling you to work at your own pace.

Aqua Box

A cardio based class designed to increase your heart rate and strengthen your muscles. Based around a fast paced boxing session that is held in the water.

Aqua Bootcamp

Fun, energising activities designed to help you reach your fitness goals. Whether you are a beginner, a fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you.

Aqua Bellies

For those mums to be, this is a slow paced aqua aerobics session, specifically designed for pregnancy. Move of your own level, enjoy the buoyancy of the water and meet other new mums to be.

Aqua Feet

This class is something a little different! All participants' feet are off the bottom of the pool, using the aid of a water belt. Designed to challenge your core stability, Aqua Feet will help you get fit fast.

Aqua For All

This equipment based class uses noodles, kickboards and aqua dumbbells as your tools to help get fit. Suitable for people of all abilities, including people with neurological conditions, chronic illness, hindered movement, elderly or anyone who wants to exercise.

Deep Water Running

A medium to high intensity class, aimed to keep you moving without the ability to touch the floor. If you like to challenge yourself, this is the class for you.