

| Time of Day | Monday 12/06<br>8.00am-6.00pm                  | Tuesday 13/06<br>6.00am-9.00pm                    | Wednesday 14/06<br>6.00am-9.00pm                | Thursday 15/06<br>6.00am-9.00pm                | Friday 16/06<br>6.00am-9.00pm                       |        |                                                |
|-------------|------------------------------------------------|---------------------------------------------------|-------------------------------------------------|------------------------------------------------|-----------------------------------------------------|--------|------------------------------------------------|
| Morning     |                                                |                                                   | 6.15am<br>DEEP WATER<br>AQUA AEROBICS<br>Peter  |                                                | 6.15am<br>DEEP WATER<br>AQUA AEROBICS<br>Anna-Maria |        |                                                |
|             |                                                | 8.30am<br>SHALLOW WATER<br>AQUA AEROBICS<br>Cindy |                                                 | 8.30am<br>SHALLOW WATER<br>AQUA AEROBICS<br>Jo |                                                     |        |                                                |
|             | 9.30am<br>DEEP WATER<br>AQUA AEROBICS<br>Cindy | 9.30am<br>DEEP WATER<br>AQUA AEROBICS<br>Cindy    | 9.30am<br>DEEP WATER<br>AQUA AEROBICS<br>Hannah | 9.30am<br>DEEP WATER<br>GYMSTICK<br>Jo         | 9.30am<br>DEEP WATER<br>AQUA AEROBICS<br>Emma-Jean  |        |                                                |
| Evening     |                                                |                                                   | 6.10pm<br>ANTE NATAL AQUA<br>AEROBICS*<br>Jo    |                                                |                                                     |        |                                                |
|             |                                                | 6.15pm<br>DEEP WATER AQUA<br>AEROBICS<br>Cindy    |                                                 | 6.15pm<br>DEEP WATER<br>AQUA AEROBICS<br>Tanya |                                                     | Times  | Saturday 17/06<br>8.00am-6.00pm                |
|             |                                                |                                                   | 7.00pm<br>AQUA BOOTCAMP*<br>Jo                  |                                                |                                                     | 9.10am | 9.10am<br>DEEP WATER<br>AQUA AEROBICS<br>Tanya |



Doone Kennedy

# HOBART AQUATIC CENTRE

**AQUA AEROBICS**

**TIMETABLE**

**WEEK ENDING**

**SUNDAY 18<sup>TH</sup> JUNE 2017**

Ph 6222 6999

| CLASS NAME                      | CLASS DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DEEP WATER AQUAROBICS</b>    | Wear a flotation belt and work as hard as you can. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for athletes, general population and rehabilitation. No impact.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>SHALLOW WATER AQUAROBICS</b> | A shallow water class conducted in our 25m pool which ranges from 1m – 1.4m deep. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for all ages and fitness levels. Light impact is involved in this class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>DEEP WATER GYMSTICK</b>      | AQUA GYMSTICK is a deep water class which combines exercise bands and water resistance exercise into one effective and more challenging workout. This high intensity but zero impact workout improves posture and muscle strength, develops core strength and stability while sending your heart rate racing. It is a very effective, multi-directional workout                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>AQUA BOOTCAMP*</b>           | <p>Aqua Boot Camp is a high intensity, low impact shallow water class that is fun, fast and effective. Using a variety of buoyancy and resistance equipment you will get a workout like no other. Set to modern and motivating music you will work harder than you ever imagined in water, yet we cater for people with different fitness levels, ages and abilities. This class is designed to get you fit fast tone muscle and burn fat.</p> <p>Bookings are essential and additional fees apply for this service.</p> <p>Book at the front desk - \$96 / 8 sessions to be used over 10 weeks, either night or \$14.90 casual</p> <p>For more information phone Jo 0409 862 206 or visit <a href="http://activesolutionsandhealthnetwork.com.au/boot-camp-in-water/">http://activesolutionsandhealthnetwork.com.au/boot-camp-in-water/</a></p>                                                                                                                                                           |
| <b>ANTE NATAL AQUAROBICS*</b>   | <p>These specialised classes are delivered in blocks and incorporate safe &amp; practical exercises to help maintain fitness.</p> <p>Bookings are essential and fees are \$72 / 4 consecutive sessions</p> <p>For bookings and more information talk to Jo on 0409 862 206</p> <p>Or visit <a href="http://activesolutionsandhealthnetwork.com.au/exercise-while-pregnant/">http://activesolutionsandhealthnetwork.com.au/exercise-while-pregnant/</a></p> <p>Obstetricians worldwide recommend regular moderate intensity exercise for pregnant women. In water you will find a low impact environment that will support your changing body without putting stress on your pelvis, back or abdominal region.</p> <p>Sessions include both cardio &amp; endurance activities, strengthening, stretching &amp; relaxation.</p> <p>Work at your pace, depending on how you are feeling &amp; the stage of pregnancy you are at.</p> <p>Pelvic floor exercises and education are included in each session</p> |