


Time of Day	Monday 19/06 6.00am-9.00pm	Tuesday 20/06 6.00am-9.00pm	Wednesday 21/06 6.00am-9.00pm	Thursday 22/06 6.00am-9.00pm	Friday 23/06 6.00am-9.00pm				
Morning	6.15am DEEP WATER AQUA AEROBICS Anna-Maria		6.15am DEEP WATER AQUA AEROBICS Peter		6.15am DEEP WATER AQUA AEROBICS Danielle	 <p>Doone Kennedy <b>HOBART AQUATIC CENTRE</b></p> <p><b>AQUA AEROBICS TIMETABLE</b> <b>WEEK ENDING</b> <b>SUNDAY 25<sup>TH</sup> JUNE 2017</b></p> <p>Ph 6222 6999</p>			
		8.30am SHALLOW WATER AQUA AEROBICS Danielle		8.30am SHALLOW WATER AQUA AEROBICS Jo					
	9.30am DEEP WATER AQUA AEROBICS Danielle	9.30am DEEP WATER AQUA AEROBICS Danielle	9.30am DEEP WATER AQUA AEROBICS Hannah	9.30am DEEP WATER GYMSTICK Jo	9.30am DEEP WATER AQUA AEROBICS Hannah				
Evening	6.10pm AQUA BOOTCAMP* Jo		6.10pm ANTE NATAL AQUA AEROBICS Jo					Times	Saturday 24/06 8.00am-6.00pm
		6.15pm DEEP WATER AQUA AEROBICS Hannah		6.15pm DEEP WATER AQUA AEROBICS Tanya					9.10am
	7.00pm ANTE NATAL AQUA AEROBICS Jo		7.00pm AQUA BOOTCAMP Jo						

CLASS NAME	CLASS DESCRIPTION
<b>DEEP WATER AQUA AEROBICS</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 AQUA AEROBICS</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 AQUA AEROBICS*</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>