

# AUBURN RUTH EVERUSS AQUATIC CENTRE

## GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Boxing <b>Antonio</b>				HIIT <b>Antonio</b>		
8:00 am	Aqua Fit <b>Claudia</b>	Aqua Fit <b>Gokden</b>	Aqua Fit <b>Tatiana</b>	Aqua Fit <b>Gokden</b>	Aqua Fit <b>Claudia</b>	Zumba Gold <b>Elizabeth</b>	
9:00 am	Deep Aqua <b>Claudia</b>	Active Gold <b>Sandra</b>	Abs & Stretch <b>Sean</b>	Active Gold <b>Sandra</b>	Deep Aqua <b>Claudia</b>	Aqua Zumba <b>Elizabeth</b>	
10:00 am						Deep Aqua <b>Elizabeth</b>	
4:00 pm			Teen Active <b>Sean</b>				
12:00 pm		Warm Aqua <b>Gokden</b>	Warm Aqua <b>Elizabeth</b>		Warm Aqua <b>Claudia</b>		
7:00 pm		Aqua Fit <b>Elizabeth / Gokden</b>	Aqua Zumba <b>Elizabeth</b>				

Bookings required for all classes via Active World App Aqua Class

Bring your own exercise mat to all Wellness Classes.

**AQUA CLASS**

**WELLNESS**

**HEALTH CLUB**

# CLASS DESCRIPTIONS

## AUBURN RUTH EVERUSS AQUATIC CENTRE

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### AQUA FIT (45 MINS)

Aqua Fit is an impact-free class designed to improve balance, agility, posture, flexibility and core strength. These entry-level classes introduce beginners to base moves and fitness-development activities in the water in a safe, supportive, and inclusive environment.

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### DEEP AQUA (45 MINS)

Deep Aqua is a full body workout, which combines cardiovascular, muscle conditioning and interval training from the deep end with buoyancy belts provided. This is suited for experienced participants and can increase range of motion and non-impacting movements.

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### WARM AQUA (45 MINS)

Warm Aqua is warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.

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### AQUA ZUMBA (45 MINS)

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party, you shouldn't miss! There is less impact on your joints during a class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

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### BOOTCAMP (45 MINS)

A circuit-based class typically facilitated outdoors, it combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.

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### HIIT (45 MINS)

HIIT is a high-intensity interval training class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism and have you burning fat long after you've left the gym.

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### BOXFIT (45 MINS)

Boxfit is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

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### ABS & STRETCH (45 MINS)

Abs & Stretch is a class designed to work your abs and stretch the body. Get ready to feel a burn like no other! Suitable for all fitness levels

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**ZUMBA GOLD**

(60 MINS)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

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**ACTIVE GOLD**

(60 MINS)

Perfect for older adults who are looking for a modified class that recreates the original moves you love at a lower intensity, with choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

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