




# AQUARENA GROUP FITNESS TIMETABLE

## Autumn/Winter 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						
 8:00 – 8:45	ACQUAPOLE BOXING® 6:30 – 7:15	☺ AQUA SMILE ☺ 7:50 – 8:20	ACQUAPOLE BOXING® 6:30 – 7:15			
	LITE PACE 8:40 – 9:25	AQUA SHAPE 8:30 – 9:15	 8:40 – 9:25		HYDRO CHI 9:15 – 10:15	HYDRO CHI 9:15 – 10:15
☺ AQUA SMILE ☺ 9:15 – 9:45	DEEP WATER 9:30 – 10:15	AQUA BIKE 9:25 – 10:25	DEEP WATER 9:30 – 10:15			AQUA SHAPE 10:20 – 11:05
	SPLASH-INCLUSIVE AQUA 10:30 – 11:00		LITE PACE 10:20 – 11:05			
PM						
 5:30 – 6:15		WATER FITTASTIC 5:00 – 5:45 6:00 – 6:45				

Classes and times are subject to change

Geraldton Aquarena

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## Class Details

**Acquapole® Boxing:** Enjoy the benefits of boxing with additional water resistance. Muscular endurance, core strength, cardiovascular fitness and better hand-eye coordination will all be improved in this class. Decreased stress is also a well-known benefit from boxing exercise due to the transition between high intensity exercise and recovery periods.

**Pool: Leisure Pool, Class Time: 45 min, Difficulty: Medium-Hard**

**Aqua Bike:** Combines the cardiovascular benefits of spin cycling with the resistance and coolness of water. Your instructor will incorporate a range of intensities and speeds, allowing you to work out at your preferred pace. For maximum results, we recommend wearing aquatic reef style shoes.

**Pool: Leisure Pool, Class Time: 60 min, Difficulty: Medium-Hard**

**Aqua Shape:** Ultimate way to focus on muscle toning through the use of water resistance. Dynamic training will target your abs, obliques and back. This workout will leave you feeling confident and strong. This workout can be modified to suit any level of ability. Also perfect for pregnant mums or those looking to get back into building their fitness.

**Pool: Leisure Pool Class Time: 45 min, Difficulty: Easy-Medium-Hard**

**Deep Water:** Conducted in deep water with buoyancy aids. This class involves suspended exercises, which allows for a very low impact workout (less than 10% of body weight). Excellent for injury rehabilitation and elderly. A variety of equipment is used to incorporate a whole body work-out.

**Pool: Main, Class Time: 45 min, Difficult: Easy-Medium**

**Hydro Chi:** Fusion of Yoga, Tai Chi and Pilates. The warm Hydrotherapy pool water will increase joint mobility and support balance during the session. This class will improve flexibility, coordination and proprioception. The closed pool setting and calming music will leave you feeling relaxed and refreshed.

**Pool: Hydrotherapy Pool Class Time: 60 min difficulty: Easy-Medium**

**Lite Pace:** Increase strength, flexibility, coordination, and cardiovascular fitness. This is an extremely light hearted and fun workout. Perfect for seniors or individuals getting back into the fitness scene.

**Pool: Leisure Pool, Class Time: 45min Difficulty: Easy-Medium**

**Splash – Inclusive Aqua:** Aqua fitness classes specifically designed for individuals with disabilities or special needs. The instructor will create a welcoming and supportive environment, encouraging each participant to reach their potential whilst having fun. Support workers are welcome to be part of the class.

**Pool: Hydrotherapy Pool Class Time: 30 min Difficulty: Easy-Medium**

**WOW – Workout of the Week:** You control your own intensity whilst challenging yourself, based on achieving a many repetitions as possible. A great cardio based workout, full of fun and energy. This class will help you reach your fitness goals.

**Pool: Leisure Pool Class Time: 45 min, Difficulty: Easy-Medium-Hard**

**Aqua Smile - (slower moves, impact lowered exercise):** A low intensity-based program in warm water, targeting on improving your strength, enhance your balance and coordination through gentle aquatic exercises.

**Pool: Hydrotherapy Pool Class Time: 30 min Difficulty: Easy**

**Water Fittastic –** Guided workout to increase your cardio and strength, toning your muscles and body to a greater you. Easy to hard variations to suit your current level, and the level you want to aim for.

**Pool: Leisure Pool Class Time: 45 min, Difficulty: Easy-Medium-Hard**