

AQUARENA GROUP FITNESS TIMETABLE

Peak Season 2025/26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						
Aqua Step  8:00 – 8:45	ACQUAPOLE BOXING [®] 6:30 – 7:15	☺ AQUA SMILE ☺ 7:50 – 8:20	ACQUAPOLE BOXING [®] 6:30 – 7:15			
☺ AQUA SMILE ☺ 9:00 – 9:30	LITE PACE 8:40 – 9:25	AQUA SHAPE 8:30 – 9:15	 8:40 – 9:25		HYDRO CHI 8:15 – 9:15	HYDRO CHI 9:15 – 10:15
	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 11:00 – 11:30		LITE PACE 10:20 – 11:05			
PM						
 5:30 – 6:15						

Classes and times are subject to change

Geraldton Aquarena

Pass Street, Wonthella WA 6530 **Phone:** 9956 6906 **Email:** aquarena@cgg.wa.gov.au

www.cgg.wa.gov.au/aquarena



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, **Difficulty:** 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

Aqua step:

Aqua step is a great lower limb workout. Movements around the step in different directions, creates turbulence in the water making the body work harder against resistance.

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