

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am						Adult Squad	
11.00am	AQUA FITNESS						
12.00pm	Life 'n' Easy Aqua 50+		Life 'n' Easy Aqua 50+		Life 'n' Easy Aqua 50+		
12.15pm		CORPORATE FITNESS		CORPORATE FITNESS		<p><u>Coming Soon</u> Boxing for Fitness Classes Outdoors at Gosford Pool</p>	
6.00pm			active 50 AQUA FITNESS				
6.30pm	AQUA FITNESS						
7.00pm			active 50 AQUA FITNESS				
7.00pm	Adult Squad	Adult Squad		Adult Squad			

**NOTE: This timetable and instructors is subject to change. Please give your feedback and requests to Instructors and Reception staff.**

### Group Fitness Recommendations

1. Some classes have caps on maximum numbers for your safety and enjoyment. Please turn up early to avoid disappointment. Class position can be obtained 75 mins before scheduled class time.
2. Classes start on time and instructors will refuse entry if you are late for your safety as warm ups are an important part of each program.
3. Please ensure you give your ticket to your instructor at the start of each class.
4. Aqua Class and Adult Squad - \$8.80 or 10 visit multi pass \$75.20,
5. Corporate Fitness Training \$7.40 or 10 visit multi pass \$62.90
6. Pregnant Women are advised to discuss their exercise plan with the instructor prior to starting each session.

### Class Descriptions

#### AQUA FITNESS

These classes are conducted for the individual and are an energetic workout with a strong cardiovascular component. They are designed for fun and fitness and also very low impact classes for seniors. Dumbbells and noodles may be used for extra resistance.

#### Adult Squad

To participate you need to be able to swim 25m confidently. Skills learnt during these classes are breathing, kicking, stroke pull and recovery, tumble turns etc.

#### CORPORATE FITNESS

If you are looking for fitness and only have your lunch hour to get fit, then this is the class for you. Corporate fitness workout improves technique on all swim strokes, with a full range of cross training to improve your skills and build your self esteem.

#### **Boxing**

All Levels: A non-stop, high energy, cardio kick-boxing class! Punching & kicking combinations offer constant change and challenge. Suited to the regular exerciser. All participants are required to bring / buy their own personal inner gloves. These are available from reception for a small cost. **COMING SOON**

#### active 50

These classes are run in conjunction with Northern Sydney Central Coast Area Health. All participants are welcomed, and upon your first visit please discuss with the instructor.