

# WANNEROO AQUAMOTION

## AQUAROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00AM					Deepwater Aqua
9.30AM	Aquafit	Aquafit	Power Hour	Aquafit	
1.00PM	Nifty 50's		Nifty 50's		
6.30PM	Deepwater Aqua				
7.30PM	Aquafit		Aquafit		

*Please bring a towel and a water bottle to all our fitness classes.*

*There is a 5minute cut-off for late arrivals.*

*Limit of 30 participants for Aquarobics classes*

*Limit of 12 participants for Deepwater Aqua*

*Classes do not run on Public Holidays*

<b>AQUAFIT</b>
An all body, low impact and fun exercise program performed in water suitable for all ages and fitness levels.
<b>DEEPWATER AQUA</b>
Take the plunge in for a total body workout incorporating aerobic exercise and resistance training. This refreshing class is impact-free so it is gentle on your joints and is ideal for rehabilitation, pregnancy and even fit individuals. Flotation belts are provided.
<b>POWER HOUR</b>
A low impact strength and conditioning class suitable for body shaping, weight loss and general fitness. Be prepared to work hard in a fun environment with our accredited instructor with over twenty years experience.
<b>NIFTY 50's</b>
A gentle, low impact class all about fun and socialising with the added bonus of a bit of exercise.

	Casual	10 Discount Tickets	20 Discount Tickets
Aquarobics	\$10.70 per class	\$96.30 (10% discount)	\$181.90 (15% discount)
Nifty 50's	\$7.10 per class	\$63.90 (10% discount)	\$120.70 (15% discount)