

# ARE YOU LOOKING FOR **FUN AND FITNESS?**

Our group exercise program offers such a variety of sessions, you're sure to find something that ticks all the boxes!

- **HEATED POOLS**
- **FRIENDLY ENVIRONMENT**
- **ALL ABILITIES**
- **QUALIFIED INSTRUCTORS**

## HERVEY BAY AQUATIC CENTRE

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## JUMP RIGHT IN! **GROUP FITNESS**



**HERVEY BAY  
AQUATIC CENTRE**



# ENTRY FEES

SINGLE	CASUAL INCLUDING ENTRY	CASUAL EXCLUDING ENTRY
Adult (16+)	\$12.50	\$7.00
Concession	\$10.00	\$6.00

ADULT PASS	10 VISIT	26 VISIT	52 VISIT	125 VISIT	250 VISIT
Adult (16+)	\$102.50	\$228	\$352	\$729	\$1131
Concession	\$76.80	\$171	\$264	\$546	\$850
Valid for (Months)	12	12	12	12	12



# TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
5.45am		Water Warriors				
7.00am		Aqua Aerobics				
7.45am			Aqua Aerobics		Aqua Aerobics	
8.00am		Aqua Zumba				
5.30pm			Aqua Zumba			

Programs are subject to change and can occur without notice. Our friendly staff at Hervey Bay Aquatic Centre will endeavour to notify of any changes impacting our Group Fitness classes as soon as practicable. Program may change without notice.



# CLASSES

## WATER WARRIORS

A challenging mix of exercises to help push your fitness level up a notch, these sessions are entirely water based but offer a more intense workout alternative for those who are looking for a low impact environment or just want to challenge themselves in new ways.

## AQUA AEROBICS

Caters for all abilities, though if you are new to aqua, the low impact class is the best to get started. Classes use a variety of moves to develop posture, core strength and cardio.

## AQUA ZUMBA

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

