

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

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

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



## MARYBOROUGH AQUATIC CENTRE

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



**MARYBOROUGH  
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
8am	Aqua Aerobics	Deep Water	Aqua Aerobics	Aqua Aerobics		

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

# CLASSES

## AQUA AEROBICS

Water based, total body workout catering for all abilities, Aqua Aerobics consists of fun, easy to follow movements supported by music. A low impact option for cardiovascular fitness, flexibility and strength development, Aqua Aerobics is performed in chest deep water, so no swimming experience is required.

## DEEP WATER (AQUA AEROBICS)

While Deep Water Aerobics has a low impact on your joints, it has a higher impact on your cardiovascular system. You may wear a floatation support in the water, or maximise your workout by relying on your own ability to stay afloat as you perform the Deep Water Aerobic Routine.

