

# Winter Group Fitness Timetable

25m Pool						
TIME	MON	TUE	WED	THU	FRI	SAT
17:30			SUP YOGA/PILATES			
17:45		INTRO TO SWIM FIT		INTRO TO SWIMFIT		

**Intro to SwimFit** provides participants a gentle introduction to SwimFit swimming sessions. The sessions offer stroke correction in a friendly, social environment allowing participants to improve their swimming technique at their own pace.

**SUP YOGA/PILATES:** A tranquil, strong and fun mix of Yoga and Pilates on the unstable platform of a Stand-Up Paddleboard!

50m Pool						
TIME	MON	TUE	WED	THU	FRI	SAT
6:00	SWIMFIT					
8:30						SWIMFIT
9:30						DWR
17:30		DWR				
18:30		SWIMFIT		SWIMFIT		

**SwimFit** is our adult swim program and offers stroke correction and builds swimming fitness under the guidance of our Head Coach. This class is an inclusive class and caters for all abilities.

**Deep Water Running (DWR)** gives you all the benefits of an interval run, without the impact! This class is fantastic for increasing your cardio fitness and burning those calories.

Warm Water Pool						
TIME	MON	TUE	WED	THU	FRI	SAT
11:00				AQUA AEROBICS		
12:30		AQUA AEROBICS				
17:30			AQUA NATAL			

**Aqua Aerobics** is an all abilities program which is based on developing general health and fitness in a fun and social environment. All necessary equipment is provided. Enjoy the tunes!

**Aqua Natal** is a water fitness class for expecting and new mothers. Featuring pre & post-natal education and exercises, led by our fully qualified and experienced fitness instructor.

All classes cost **\$15** per class (\$11 concession) with a weekly direct debit membership option of **\$19** per week (\$15.50 concession) to attend all classes **PLUS** unlimited general swimming.

25m Pool: 28°C	50m Pool: 27°C	Warm Pool: 32°C
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We highly recommend consulting your physician prior to participating in any group fitness program. Tobruk Memorial Pool reserves the right to amend the above timetable at any time without prior notice.

Please collect your class token from reception prior to every class.



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