

Aqua Group Fitness Class					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	9.30 – 10.25 H2O NO LIMITS Sandy	9.30 – 10.15 H2O NO LIMITS Angela	9.30 – 10.25 H2O NO LIMITS Pat	9.30 – 10.25 H2O NO LIMITS Pat	9.30 – 10.25 H2O NO LIMITS Marisa
			10.30 – 11.25 H2O NO LIMITS Mel		10.30 – 11.25 H2O NO LIMITS Sandy
		11.30 – 12.15 H2O NO LIMITS Angela			
PM	7.05 – 8.00 H2O NO LIMITS Pat			7.05 – 8.00 H2O NO LIMITS Pat	

Class Descriptions

H2O No Limits	'Celebrate your Lifestyle Future'. This fabulous, simple to follow aqua program is an amazing way to get started in our Lifestyle Zone. Includes toning with the aqua dumbbells and woggles. Suitable for everyone
YOUNG AT HEART	A low impact / gentle exercise aerobics / aqua aerobics class for seniors over 50 years.

Etiquette

- Classes must be booked online.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available, and participants are required to use it before and after classes.
- Please arrive on time, no admittance will be allowed after classes commence or without a class ticket.
- Class tickets will be issued by reception staff.
- Please keep the ticket until it is requested by the instructor.
- Please inform the instructor of any injuries, health problems, pregnancy, or special needs.
- Participants in Group Fitness and Spin classes must be 15 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
- Aqua participants need to be 12 years or over.
- No spectators are allowed in any studio room.
- Children are not allowed to be left unattended.

Sandcastle Crèche

Monday	9.00 am - Noon
Tuesday	9.00 am - Noon
Wednesday	9.00 am – Noon
Thursday	9.00 am – Noon
Friday	9.00 am – Noon
Saturday	CLOSED
Sunday & Public Holidays	CLOSED