

Group Fitness class					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	9.30 – 10.15 MIND BODY		9.30 – 10.15 MIND BODY	9.30 – 10.15 START STRONG STAY STRONG	9.30 – 10.15 HIIT
	10.30 – 11.15 AQUA AEROBICS		10.30 – 11.15 AQUA AEROBICS	10.30 – 11.15 AQUA AEROBICS	10.30 – 11.15 AQUA AEROBICS
					11.30 – 12.15 AQUA AEROBICS (Young at Heart)
PM	6.00 – 6.45 MIND BODY		6.00 – 6.45 HIIT	6.00 – 6.45 BOXFIT	
	7.00 – 7.45 AQUA AEROBICS		7.00 – 7.45 AQUA AEROBICS	7.00 – 7.45 AQUA AEROBICS	

Please note: Instructors and classes are subject to change without notice.  
Classes must be pre-booked.  
All classes are 45 minutes

<b>AQUA AEROBICS</b>	Low impact total body workout includes toning with aqua dumbbells and noodles. Suitable for all fitness levels.
<b>AQUA BOXFIT</b>	A 45-minute class combining boxing combinations, HIIT and resistance training in a water environment.
<b>AQUA TABATA</b>	A HIIT class designed for water using maximum effort for 20 seconds and recovery for 10 seconds.
<b>BOXFIT</b>	Boxfit is a high intensity cardio class with gloves and pads. Learn combinations and correct technique while raising your heart rate and working up a sweat.
<b>HIIT</b>	A High Intensity Interval Training combining strength and cardiovascular exercises for the ultimate workout.
<b>MIND BODY</b>	This class consists of gentle stretching, correct breathing techniques, yoga postures and relaxation. It improves your body and mind awareness, increases your flexibility and assists with stress management. This class caters for everyone.
<b>START STRONG STAY STRONG</b>	This group fitness class is recommended for anyone who is new to land based classes. Challenge yourself with new exercises. Learn how to safely build strength without overwhelming your joints. Feel good with your new-found strength.

## Etiquette


- Classes must be booked online.
- Social distancing must be adhered to at all times.
- 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 classes must be 16 years or over.
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel. Water bubbler are currently not available
- Aqua participants need to be 16 years or over.
- No spectators are allowed in any studio room.
- Children are not allowed to be left unattended.

## Charlie Lowles Leisure Centre Emerton

35 Jersey Road, Emerton,  
NSW 2770

8822 6000

[blacktown.nsw.gov.au/cllce](http://blacktown.nsw.gov.au/cllce)

 Facebook: [Blacktown Aquatic and Sports](#)