



# CANUNGRA POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM			Adult Squad				
07:00 AM	Adult Squad						
08:00 AM	Aqua Aerobics		Aqua Aerobics				



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### **Aqua Aerobics**

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun an enjoyable environment.

### **Adult Squad**

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.