

# AQUA ACTIVE

*Classes for all levels!*



## Class Timetable

### Turn up the heat with an aquatic workout!

Get your heart pumping and build aerobic fitness with an AQUA ACTIVE class incorporating circuit, interval and classic aqua-choreography into one jam-packed energy filled class!

When?	Mon	Tue	Wed	Thu	Fri	Sat
10am			AQUA ACTIVE 45mins		AQUA ACTIVE 45mins	
10.30am						AQUA ACTIVE 45mins
5.30pm	AQUA ACTIVE 45mins					

## Fees

Casual Adult	\$14.00	AQUA ACTIVE classes are included in all upfront and direct-debit ASALC memberships!
Casual Concession	\$9.50	

AQUA ACTIVE is suitable for people of all ages with moderate to high fitness. Appropriate swimwear must be worn for all classes.

**Alice Springs Aquatic & Leisure Centre**

10 Speed Street, The Gap

8950 4360 | [info@asalc.com.au](mailto:info@asalc.com.au) | [www.asalc.com.au](http://www.asalc.com.au)