

Classes for all levels!



Aqua Fitness Timetable

Turn up the heat with an aquatic workout!

	Mon	Tue	Wed	Thu	Fri	Sat
10am	AQUA ACTIVE		AQUA ACTIVE		AQUA ACTIVE	
10.30am						AQUA ACTIVE
5.30pm	AQUA ACTIVE		AQUA ALL IN			

Timetable effective from 24 Feb 2021

Classes are included in all upfront and direct debit ASALC memberships!

Casual Adult \$13.30

Casual Concession \$9.20

AQUA ACTIVE (45 mins): Get your heart pumping and build fitness with a class incorporating circuit, interval and classic aqua choreography into one jam packed energy filled class! Suitable for people of all ages with moderate to high fitness.

AQUA ALL IN (45 mins): A fun filled class targeting all over body fitness incorporating resistance and functional fitness training. Suitable for people of all ages with moderate to high fitness.

**Alice Springs Aquatic & Leisure Centre 10 Speed Street
8950 4360 | info@asalc.com.au | www.asalc.com.au**