



TURN UP THE HEAT! **WITH AN INDOOR AQUATIC WORKOUT @ ASALC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AiA with Pauli @ 5.30 pm	AA with Narelle @ 5.30 pm	WWE with Louise @ 10.00 am	Rest Day No class	AiA with Pauli @ 10.00 am	AA with Narelle @ 9.30 am

ACTIVE AQUA (AA)

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.

PROGRAM FEES

ASALC Members = FREE!

Casual Adult = \$14.30

Casual Concession = \$9.90

WARM WATER EXERCISE (WWE)

A fun, water-based exercise class suitable for people of all ages and abilities, targeting those with arthritis and other musculoskeletal conditions.

ALL IN AQUA (AiA)

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.