



Challenge yourself

Stay healthy and grow stronger with us.



Aqua fitness classes

Our Aqua fitness classes provide motivating and engaging water based workouts for all fitness abilities.

During the class, water buoyancy supports your body whilst the combination of cardiovascular and resistance exercises, provided by our skilled instructor, assists in increasing your fitness levels, and toning your muscles. All sessions are accompanied by music, which creates a fun atmosphere whilst you increase your heart rate and challenge yourself!

An annual Pre-Exercise Questionnaire will be required prior to making an Fitness booking or participating in the program.

You can complete the Pre-Exercise Questionnaire electronically via the Burwood Council website or by visiting Enfield Aquatic Centre.

If you indicate 'Yes' on any of the pre-screening questions you will be required to obtain a medical clearance prior to sign-up.

Participants must be 16 years or over to attend Fitness programs.

Prices (Prices subject to change on Monday 01 July 2024)

Adult (Casual)	\$18.30
Adult (10 visit pass)	\$153.00
Concession (Casual)	\$13.30
Concession (10 visit pass)	\$112.20

Concession applies for seniors and pensioner concession card holders (aged and disability only). Visit passes valid for 12 months.

Prices

Monday Afternoons - 12:30pm - 1:30pm

Monday Evenings - 6:30pm - 7:30pm

Wednesday Afternoons - 12:30pm - 1:30pm

Friday Evenings - 6:30pm - 7:30pm

Saturday Mornings - 8:00am - 9:00am

10 week term program commencing from Monday 29 April to Saturday 06 July 2024.

Excluding Monday 10 June 2024 and Catherine's sessions on Monday Evenings, Friday Evenings and Saturday Mornings from Monday 17 June to Saturday 06 July 2024.

For bookings and enquiries phone 9078 6169