



Challenge yourself

Stay healthy and grow stronger with us.



Aqua Zumba fitness classes

Our Aqua Zumba fitness classes provide a fun twist to traditional aqua by bringing rhythm and dance into the pool for the aqua disco of your dreams!

During the class, dance steps provide a water-based workout to tone muscles, whilst water buoyancy supports your body.

This class provides a great atmosphere to get active, increase your heartrate 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.

Session Times

Tuesday Evenings- 7:00pm - 8:00pm

Thursday Evenings- 7:00pm - 8:00pm

10 week program commencing from Tuesday 30 April to Thursday 04 July 2024.

Bookings are recommended as positions are limited.

For bookings and enquiries phone 9078 6169