



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

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| Adult (Casual) | \$19.40 |
| Adult (10 visit pass) | \$161.00 |
| Concession (Casual) | \$14.00 |
| Concession (10 visit pass) | \$118.00 |

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

Session Times

Tuesday Afternoon- 12:30pm - 1:30pm

Thursday Evenings- 6:30pm - 7:30pm

11 week program commencing from Tuesday 28 January to Saturday 12 April 2025.

Bookings are recommended as positions are limited.

For bookings and enquiries phone 9078 6169