

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!

A Fitness Pre-exercise Screening Form will be required prior to making an Aqua Fitness booking or participating in the program.

Please fill in the form by clicking on the link below, once completed either submit an email or you can print and bring the completed form to the Centre.

<https://www.burwood.nsw.gov.au/For-Residents/Enfield-Aquatic-Centre/Aqua-Fitness>

For bookings and enquiries phone 9078 6169

Prices

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

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

Wednesday Afternoons - 12:00pm - 1:00pm

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

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

10 week term program commencing from Monday 09 October 2023 to Saturday 16 December 2023. (Excluding Saturday 04 November)