

# 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

<b>Adult</b> (Casual)	<b>\$19.40</b>
<b>Adult</b> (10 visit pass)	<b>\$161.00</b>
<b>Concession</b> (Casual)	<b>\$14.00</b>
<b>Concession</b> (10 visit pass)	<b>\$118.00</b>

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**

**Friday Evenings - 6:00pm - 7:00pm (NEW)**

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

10 week term program commencing from Monday 28 April until Saturday 5 July 2025.

Dates Excluding: Friday 6 June, Saturday 7 June and Monday 9 June 2025.

Bookings are recommended as positions are limited.

**For bookings and enquiries phone 9078 6169**