

# 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

Adult (Casual)	\$19.90
Adult (10 visit pass)	\$165.80
Concession (Casual)	\$14.40
Concession (10 visit pass)	\$121.50

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

### Session Times

Tuesday Afternoons - 12:30pm - 1:30pm

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

10 week term program commencing from Monday 21 July until Sunday 28 September 2025.

Excluding: 19th August, 21 August, 26 August, 28 August, 02 September, 04 September.

Bookings are recommended as positions are limited.

**For bookings and enquiries phone 9078 6169**