

GROUP FITNESS TIMETABLE

MICHAEL WENDEN
AQUATIC LEISURE
CENTRE

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
8:15AM				 AQUA HIIT
9:30AM		 ZUMBA		 ACTIVE45
10:30AM	 AQUA FIT		 AQUA FIT	 AQUA FIT
11:00AM		 AQUA FIT		
6:00PM			Strength. & CONDITIONING	
7:00PM	 AQUA FIT		 AQUA FIT	

Please book for classes via reception or call at (02) 9607 6598. Bookings open 6AM Friday week prior. All classes are currently capped at 20 participants.

LIVERPOOL CITY COUNCIL



62 Cabramatta Avenue,
Miller, 2168 NSW
02 9607 6598

www.wendenpool.com.au

CLASS DESCRIPTION

**MICHAEL WENDEN
AQUATIC LEISURE
CENTRE**



AQUA FIT

Workout in a safe and extremely low impact environment. The water provides cushioning for the joints to allow full body movement. Great for improving cardio, strength, flexibility, posture and core strength. Suitable for all fitness levels.



AQUA HIIT

A high intensity workout in a LOW IMPACT environment. Improve your heart health and strength using the resistance of water. Suitable for all fitness levels.



Body sculpt is a total body aerobic strengthening workout using low impact movements, targeting all aspects of the body. Improve muscle tone and fitness. Suitable for all fitness levels.



ZUMBA

Ditch the workout, lose yourself in the music and join the party! Featuring latin American dance moves and music, Zumba is sure to leave you smiling and wanting more! This cardiovascular workout is designed to burn fat and make you feel great! Suitable for all fitness levels.



**Strength. &
CONDITIONING**

A 45-minute cardiovascular session that will focus on burning off the calories and keeping your heart healthy! Consists of cardio exercises and functional bodyweight exercises that is suitable for all fitness levels, modifications are provided during the session. **(TRIAL)**

Strength and conditioning focuses on improving muscular strength (weights) and endurance (cardio). Each workout is unique, continuously challenge and keep you on your toes! Movements can be altered according to each participant's fitness level but be prepared for a sweaty workout!

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