



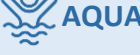
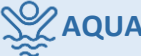







GROUP FITNESS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | FRIDAY |
|---------|---|---|---|---|
| 6:00AM | | HIIT 30 | | |
| 9:30AM |  AQUA |  ZUMBA | Strength & Conditioning |  BODYSCULPT |
| 10:30AM |  GENTLE YOGA | HIIT 30 | |  AQUA HIIT 30 |
| 11:00AM | |  AQUA |  AQUA |  circuit45 |
| 6:00PM |  BODYSCULPT | |  STEP | |
| 7:00PM |  AQUA | |  AQUA | |

Spots are based on first come first served basis.
Please check in with reception when arriving to ensure your spot in the class.
www.wendenpool.com.au (02) 9607 6598

LIVERPOOL
CITY
COUNCIL



MICHAEL WENDEN
AQUATIC LEISURE
CENTRE

CLASS DESCRIPTION

HIIT 30

Give one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. HIIT 30 will keep your heart rate up and help you burn more fat in less time. **(30mins)**



"Yoga" in the Western world often denotes exercise, with poses called asanas. Our gentle yoga professionals will guide you through 3 main elements – exercise, breathing and meditation to help you connect with body, mind and spirit. **(55 Mins)**

circuit45

Circuit45 is a high volume, low resistance workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. **(45 mins)**



Work out 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. **(45 Mins)**



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. **(55 Mins)**



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.



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. **(45 Mins)**

Strength & Conditioning

Strength and conditioning focus on improving muscular strength (weights) and endurance (cardio). Each workout is unique, continuously challenge and keep you on your toes!